



Andean Spirit - Shaman Journey : 14D

from : USD 11153.00

SEASON	March to November
DURATION	14 days /13 nights (Lima - Lima)
FITNESS LEVEL	Active - Easy
DEPARTURE DATES	Available on request
ACTIVITIES	Native ceremonies, culture & nature exploration

This program offers an exploration of the religious and spiritual centers of the Incas: fascinating Sacsayhuaman, the temple of the sun-; the verdant Sacred Valley of the Incas; and beautiful scenery surrounding powerfully spiritual centers, such as Moray, Ollantayambo, and of course Machu Picchu.

The journey to the Amazon involves the process of returning to nature, where we all belong, and learning about the use of some of the most important medicinal plants known to humans. This shamanic journey is a tool for spiritual growth and personal healing. The different ceremonies and meditations included offer ways of understanding Andean and Amazonian peoples and connecting with nature, the source of all life.

Day 1: Arrival to Lima

Reception at the airport and transfer to your selected hotel.

Overnight stay in Lima

Day 2: Lima to Cusco

Domestic flight to Cusco, the ancient capital of the Incas. After time to rest, a short visit to the city's streets will introduce you to the history of the Incas. In the evening, we will provide a briefing on the rest of the trip.

Overnight stay in Cusco

Day 3: Sacsayhuaman - Temple of the Sun (Connection with the mother earth)

After breakfast, will visit the impressive Sacsayhuaman Archaeological Park, also known as the "House of the Sun" and composed of temples, palaces and astronomical observatories. Many of the stones which form the walls weigh up to 130 tons each and were positioned with incredible precision. Some of the principles of Andean philosophy will be introduced by the guide, including insights that will be important to the rest of the journey. A ceremony of gratitude will be led by a local healer.

Overnight stay in Cusco

Day 4: Cusco - San Pedro (Manu)

On the first day of our adventure into the jungles of Manu National Park, we will pick you up at around 6:00 a.m. from your hotel in Cusco, using private transport. The first part of our excursion will take us through the majestic mountains of the Andes. On the way, we will visit briefly the colonial-era town of Paucartambo, famous for its folkloric tradition. At midday, we will arrive at the entrance to Manu National Park and access one of the most important protected natural areas in South America. We will continue in our private transport down a dirt road and on through the dense mist from which this section of the forest takes its name: cloud forest. Finally, we will arrive at the home of Peru's exotic national bird: the "cock-of-the-rock". The males of this species are known to gather together at special locations known as "leks", where they perform elaborate courtship dances in the presence of females. This amazing spectacle offers an impressive array of sounds and colors that can only be found in this cloud forest environment.

Overnight stay in cloud forest



Day 5: San Pedro - Qeros Huachipeyre (shaman Ceremony)

At around 6:00 a.m., we will head off in the direction of Pilcopata. On the way, we will make a few stops, visiting local small-scale farmers who produce many varieties of jungle fruits, as well as coca leaves. During this day, we will have the chance to observe many species of colorful birds, such as parrots, oropendolas and vultures. After arriving at the indigenous Qeros community and eating lunch, in the afternoon you will have time to enjoy walking around and exploring the community.

Today, the local healer will explain the history and traditional uses of the ayahuasca, as well as the process of gathering and preparing this plant. The ayahuasca ceremony will take place during the night.

Overnight stay in the rainforest lodge owned by the local indigenous community *

***A special diet will be provided for those choosing to take part in the ayahuasca ceremony.**



Day 6: Qeros Huachipeyre Indigenous Community

After a delicious local brunch, we will have the time to process the experience before enjoying the activities planned for the afternoon: we will visit the sacred stone known as Hinkiori and view petroglyphs at a site sacred to local indigenous people.

In the evening, we will return to the lodge and spend our last night around a campfire, as our hosts share with us their legends of the jungle and the traditions of their ancestors.

Overnight stay in rainforest lodge

Day 7: Qeros Huachipeyre Native Community- Sacred valley

Today, following a good breakfast, we will get ready for our return journey to the Sacred Valley of the Incas. This is a long but fascinating bus ride, and we will make several stops along the way to enjoy the changing scenery. We will arrive at our hotel in the late afternoon.

Overnight stay in the Sacred Valley of the Incas

Day 8: Sacred Valley of the Incas (Music ceremony)

This is meant to be a free day, but adventurous travelers are welcome to explore the Sacred Valley of the Incas, visiting Pisaq or Ollantaytambo, charming colonial-era villages with lively local markets and fascinating major Inca archaeological sites. We recommend setting off on this activity in the early morning to avoid the large numbers of tourists who visit these attractions later in the day.

In the late afternoon, we will introduce you to the musicologist and musician Tito La Rosa, who will lead a meditation accompanied by music, performing on ancient instruments from pre-Inca cultures, and other modern instruments he makes himself (Duration: 2 hours, approx.).

Overnight stay in the Sacred Valley of the Incas

Day 9: Short Inca Trail to Machu Picchu

We will start our day with an early morning scenic train ride from the Sacred Valley town of Ollantaytambo to Km 104. Here, we will be asked to show our hiking permits and passports. From the archaeological site of Chachabamba (2250 meters / 7,500 feet), we will start our Inca Trail with an approximately three-hour climb to the archaeological complex of Wiñaywayna (2650 meters / 8,750 feet). This site is considered one of the most beautiful on the entire Inca Trail, due to its spectacular location and the way its architecture harmonizes with the landscape. We will spend some time at this ruins, rest, and eat lunch.

Following in the footsteps of ancient pilgrims who traveled here from throughout the Inca empire, we will arrive at the Sun Gate and look down upon the city of Machu Picchu (2400 meters / 8000 feet). After a short walk to the main entrance, we will board a bus to take us to the small town of Aguas Calientes, where you can choose to relax in the hotel or visit the local natural hot springs.

Overnight stay in Aguas Calientes



Day 10: Machu Picchu - Sacred Valley of the Incas

After an early breakfast, we will take an early bus up to Machu Picchu to enjoy the morning at this magical place. You will be escorted by an expert guide, who will explain the significance of this unique legacy of the great empire of the Incas. And, if possible**, there will be an additional hike to the top of Huayna Picchu mountain, a climb that takes between 45 minutes and an hour. Please note that this climb is very steep and physically demanding.

In the afternoon, we will return to Aguas Calientes for the train back to Cusco, where you will be transferred to your hotel.



Day 11: Sacred Valley of the Incas - Moray & Cusco

Today we will return to Cusco. On the way, we will visit the circular agricultural terraces of Moray, a farming laboratory used by the Incas. And if there is time, we will also stop at the village of Chinchero and visit Hilda, a local woman and expert weaver, who shares with travelers her passion for ancient dyeing, spinning and weaving techniques.

Return to Cusco in the late afternoon.



Day 12: Ausangate, Lake Otorongo

A bus ride will take us to the community of Tinki, from where we will follow a dirt road to Pacchanta. After a 4-hour drive, we will meet the wranglers who will assist us with the trip to the foot of the glacier. A hike of around 3 to 4 hours will take us to our campsite.

This will be our final pilgrimage, as we thank the sacred mountains of the Andes for all that we are and all we have, just as Andean people have always done.

Camp at Lake Otorongo



Day 13: Return to Cusco

In the morning we will wake up with the sun, and after a good breakfast our healer will perform a ceremony of thanksgiving and a Ccarpay bath in the cold water of the lake. According to Andean tradition, the mountain protects those who honor it and lends them its energy.

After this ritual, we will start the descent to Pacchanta. There will be time to enjoy the high Andean scenery as we pass beautiful glacial lakes and herds of alpacas. And at the end of our hike, you will have time to relax in the natural hot springs, from where there are splendid views of majestic Mount Ausangate.

After an excellent lunch, we will say goodbye to our mule drivers before boarding our bus for the return journey to Cusco.

Overnight stay in Cusco



Day 14: Cusco - end of the Journey.

After breakfast, you will be transferred to the airport for your return flight.

End of our service.



Included

TRANSPORT	Domestic flights, private transport for tours, including boats and trains.
HOTEL	Hotel ***9 / Camping 1 / Jungle Lodge 1 / Homestay 2 / Total Nights 13
TOURS	According to program, ceremonies and meditation+ Guide.
ENTRANCE FEE / PERMITS	BTG, Machu Picchu and Jungle national parks.
MEALS	 BLx2  Bx13  Lx8  Dx5
STAFF	Bilingual Guide /Cooks /Healers /Artist

Not included

EXTRAS	International flights, travel insurance, tips, tours & meals not mentioned in the itinerary.
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Rates 2019

2019 cost per person in US dollars

Service	1 Pax	2-3 Paxs	4-5 Paxs	6 + Paxs
14 DAYS	Available on request	9 562	6 212	5 180

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