

Peru

PURE YOGA & CULTURAL CLASSIC

7 Nights / 8 Days

April 23rd – 30th 2022

SPECIALTY TOUR FOR SOLO FEMALE TRAVELLERS!
VISITING: Sacred Valley – Machu Picchu – Pisac – Ollantaytambo – Cusco

► Highlights:

SACRED VALLEY: AVA Spot

- Sacred Valley
- Organic Lunch in the local Andean community
- Enjoy and participate in a Traditional Dance by the Village of the Community
- Experience Pachamama Ceremony in worship to Mother earth
- Yoga Session search of spiritual, mental and physical balance
- Visit Urubamba Valley and Colonial village of Pisac
- Visit a unique Indian Market
- Visit the sanctuary of Huanca
- Visit Ollantaytambo
- Moray Terraces & Moras Salt Mines in the picturesque Andean Communities
- Sacred Fire Session Purification ritual

MACHU PICCHU: Tierra Viva Machu Picchu

- Train ride on the Belmond Vista Rail train (operated by Peru Rail)
- OPTIONAL: Short Inca Trail hike ^{CAD} \$200 per person
- Visit to the "Los City of the Incas" Machu Picchu tour of the Ruins

CUSCO: Hilton Garden Inn

- Tour of Cusco & Nearby Ruins (Inca Empire, Cathedral Plaza, Koricanha, Kenko & Puca-Pucara)n Gardens



LAND COSTS:

CA\$ **2845** per person sharing

LOW SINGLE SUPPLEMENT: CA\$ 675

Traveling Solo! we can match you up.

Deposit: \$200 at time of booking
minimum of 10 passengers required for the tour

INTERNATIONAL & DOMESTIC AIRFARE ON REQUEST

INCLUSIONS:

- Host from Canada (minimum of 10 guests)
- 7 nights accommodation "Superior First Class"
- Daily breakfast, 7 lunches & 7 dinners
- Transfers, sightseeing & entrance fees per itinerary
- Service of a bilingual licensed tour guide for all tours and excursions
- All train tickets, bus tickets and boat services needed to operate tours and excursions
- Excursion to Machu Picchu aboard the Visita dome train

EXCLUSIONS:

- International & Domestic airfare and taxes
- Visa and visa fees, if applicable
- Insurance
- Items of personal nature like baggage portorage at airports/hotels, gratuities, tips, laundry, telephone calls, etc
- Donations to social charity foundations
- Any item not mentioned above

FOR ADDITIONAL INFORMATION AND RESERVATIONS CONTACT:

WOMEN
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WELCOMING FULLY VACCINATED GUESTS

Peru Pure Yoga & Cultural Classic

7 Nights/8 Days



Day 1: ARRIVAL IN CUSCO / SACRED VALLEY

Welcome to Peru! Arrival 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.

First stop is the Awanacancha Interpretation Center, a beautiful textile and South American camelid exhibition center, displaying the beauty and benefits of vicuñas, alpacas, llamas and guanacos.

We continue to a beautiful countryside restaurant on the shores of the Urubamba River to enjoy a delicious lunch. Later, we will enjoy our welcome session: Offering to the Pachamama. The most important of all Andean ceremonies. After the ceremony, you enjoy a little organic snack and will be transfer to your hotel in the Sacred Valley for check in and rest. Dinner at hotel.

Overnight: Ava Spot, Superior Room
Meals: Lunch and Dinner

Day 2: SACRED VALLEY: PISAC MARKET AND OLLANTAYTAMBO FORTRESS

After our yoga morning class, we depart for the drive through the fertile countryside through the "Sacred Valley" of Urubamba to visit the local Indian Market of Pisac. After lunch, we continue to Ollantaytambo, an ancient fortress of temples and terrace that tower over the valley.

In the evening, enjoy a pizza night made in the wood-burning ovens on the outdoor terrace.

Overnight: Ava Spot, Superior Room
Meals: Breakfast, Lunch and Dinner

Day 3: SACRED VALLEY: MARAS SALT POOLS, MORAY TERRACES AND QUECHUA VILLAGE

Morning excursion to the Inca agricultural experimental center of Moray.

We continue to Maras. This otherwise modest village is proud to offer the world an invaluable treasure, in the form of the famous Maras salt. Next, we visit the community of Misminay, elevation 3700 meters, in the Urubamba Valley, where you will enjoy a traditional lunch made by the

community women from ingredients organically grown in their fields.

Later we will participate in a Fire Session. In this purification ritual, we say goodbye to all negative aspects in our lives.

Evening transfer to CVasa Colonial Restaurant for dinner. A recently restored 200-year-old house, with balconies and typical decoration of the colonial times, invite you to enjoy the flavors of Peruvian Cuisine.

Overnight: Ava Spot, Superior Room
Meals: Breakfast, Lunch and Dinner

Day 4: SACRED VALLEY / MACHU PICCHU

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. Upon arrival to the town of Aguas Calientes we transfer to Café Inkaterre 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 hotel.

OPTIONAL: Short Inca Trail Hike. At own expense. CAD \$200 per person.

Overnight: Tierra Viva Machu Picchu, Standard Room
Meals: Breakfast, Lunch and Dinner

Day 5: 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.

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. Dinner at hotel.

Overnight: Hilton Garden Inn Cusco, Superior Room
Meals: Breakfast, Lunch and Dinner

Day 6: CUSCO: CITY TOUR AND SURROUNDINGS

Spend half a day touring around the city of Cusco, declared a World Heritage Site by Unesco. The tour will start at the Koricanca temple, then, you will tour the Plaza de Armas, visit the neighborhood of San Blas, the fortress of Sacsayhuaman, archaeological complexes of Qenko, Puca Pucara and and the royal baths of Tambomachay.

This afternoon enjoy a yoga class to reconnect with yourself. Then in the evening transfer to Incanto Restaurant that offers an interesting gastronomic Italian-Peruvian fusion in a magical environment.

Overnight: Hilton Garden Inn Cusco, Superior Room
Meals: Breakfast, Lunch and Dinner

Day 7: CUSCO: ENRICHING LIVES EXCLUSIVE PROJECT

Today you will be transfer 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."

Lunch at local restaurant included. Evening transfer to Tunupa Restaurant, with impressive view of the main square and its surroundings. Open your senses with exotic fusion of flavors, accompanied by an artistic exhibition of Peruvian dances, music and colors of the best show in Cusco.

Overnight: Hilton Garden Inn Cusco, Superior Room
Meals: Breakfast, Lunch and Dinner

Day 8: CUSCO / LIMA / HOME

Transfer to the airport for your departure flight back home. Today you say farewell to this wondrous experience... sure to be etched in your memory forever!

Meals: Breakfast Bon Voyage ...!

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