

Peru Itinerary –October 2009

Day 1/ October 17: Arrive in Lima. Overnight at La Faraona hotel in Miraflores.

Day2/ October 18: Fly to Cusco. Situated at 11,000 feet above sea level, Cusco is the oldest inhabited city in the Western Hemisphere. Created in the shape of a puma, Cusco was once the capital of the Incan Empire. Cusco means “navel of the universe” and



today it retains much of its proud significance as the center of the Andean world. PM: Jorge will lead us on a walking tour through this lovely and historically rich city. We will walk streets leading to temples and other sacred places in the city. Overnight in Cusco.

Day3/October 19: This will be an amazing day. We will visit different sacred sites in the Cusco area, including Tambomachay, where we will be cleaned and Purified; Kenko, where we experience an awakening at the altar of the Puma; Amaru Machay, where we visit the Temple of Rebirth and connect with the Mother Earth; and Kusillucchayoc, the sacred Moon temple that was used as a place of initiation by the Incas. Overnight in Cusco

Day 4/October 20: AM – Sacsayhuaman, Tambomachay, Qenko, Puca Pukara. Sacsayhuaman is one of the most amazing Incan constructions. The Quechua name means “satisfied falcon.” The rock formation is the falcon that guarded the capital of the Empire, since it was possible to overlook Cusco from the hill on which it was erected. PM – We’ll have a 40 minute bus ride to Tipon, a little known Inca ruin complex southeast of Cusco. It consists of a vast walled enclosure with some of the most complex Incan drains, water works and baths, some of which are still functioning. Uphill from the enclosure is a magnificent Incan aqueduct which we will use for a purification ceremony. We will visit the Coricancha temple which was designed to be used as an astronomical observatory and calendar for precisely calculating the movements of the sun, stars and planets. Overnight in Cusco

Day 5/October 21: Today we will visit the sacred terraces of Moray where there are four huge natural depressions that have been sculpted into deep terraces. These circles represent for us the Cosmic Spiral, and we work with the energy of this place to connect with the womb of the Mother Earth (Pacha Mama). Time to do a ceremony in order to offer something to her and ask permission to be there. Overnight at Hotel Pacaritampu.



Day 6/October 22: AM – Today we will have a beautiful bus ride through the Sacred Valley to visit Pisac. This important Incan road snakes its way up the canyon that enters the Urumbamba valley at Pisac. The citadel, at the entrance to this gorge, now in ruins, controlled a route, which connected the Incan Empire with Paucartambo, on the border of the eastern jungles. Set high above the valley floor, and surrounded by a patchwork of patterned fields and extensive terracing, the stonework and panoramas at Pisac's Incan citadel are magnificent! We will also visit the Pisac Market, which has evolved into one of the biggest artesanía markets in all of South America. It opens at 9am every Sunday, Tuesday and Thursday. The town's main square is filled wall-to-wall with stalls selling the full range of Peruvian artesanía: felt hats, alpaca sweaters and blankets, carved gourds, ceramics, musical instruments, paintings, antiques, and a huge variety of trinkets, weavings and jewelry.

PM – Ollantaytambo, The Sanctuary of the Wind, is the last stop along the Sacred Valley. Nestled at the foot of an ancient Incan site, this small town with a population of 2,000, is the most beautiful town in the Sacred Valley! The cobblestone streets and main plaza give the place an ancient feeling. The town is set higher up from the main highway, and built on uneven ground. Stone arches beautifully frame stone stairways. It is here that Manco Inca retreated after his defeat at Saqsayhuaman. Ollantaytambo is made of enormous stepped terraces, constructed of unbelievably huge stones. The rock quarry was across the river valley, on the opposite hillside. Workers moved stones using sloping planes, ramps, and rollers. At the valley floor they actually diverted the river around the rocks, rather than transport them across the river. Overnight in the Valley.

Day 7/ October 23: We will take a short bus ride up the switch-back road to catch the morning train for a 1.5 hour ride through beautiful mountains and jungle scenery of the Andes before arriving at Machu Picchu. Jorge will guide us through this sacred place and explain how the Incas lived. Our intent is to connect with the entities of Machu Picchu, the Puma, the Condor and the Light Spirits that reside here. There will be plenty of time for enjoying the site, taking in the vibrations, meditating and journaling. Overnight at Taypikala Lago Hotel Machu Picchu in Aguas Calientes.



Day 8/ October 24: Return to Machu Picchu. There will be time for meditation and connecting with the essence of cosmic force in this place. Another option will be to climb to Huayna Picchu, or hike to the Temple of the Moon. This will be your day to enjoy the site on your own. Overnight at Taypikala Hotel Machu Picchu in Aguas Calientes.

Day 9/ October 25: AM – Mandor (Waterfalls). We'll enjoy a 30 minute hike along the river from Aguas Calientes, below Machu Picchu, to this waterfall, for ceremony and nature spirits. PM – Putucusi (an Apu of Aguas Calientes). Putucusi is one of the most intriguing peaks surrounding Machu Picchu. The views of Machu Picchu from Putucusi are incredible! Overnight at Taypikala Hotel Machu Picchu in Aguas Calientes.

Day 10/ October 26: AM – train to Ollanta and then by bus to Cusco. PM – leisure time in Cusco. Overnight in Cusco.



Day 11/ October 27: Fly to Lima to connect with your international flight. End of our services, unless signed up for Lake Titicaca extension.

Lake Titicaca Extension Itinerary

Day 11/October 27: Fly to Lake Titicaca, the world's largest lake navigable to large vessels, lying at 12,500 feet sea level on the border between Peru to the west and Bolivia to the east. Titicaca is the second largest lake of South America and covers some 3,200 square miles and extends in a northwest-to-southeast direction for a distance of 120 miles. It is 50 miles across at its wildest point. In other words, it's huge! And beautiful. Overnight at Taypikala Lago Hotel in Chucuito (Puno).



Day 12/October 28: Speed boat trip to Uros/Floating Islands and Amantani for Ceremony of Connection with female energies. We will visit the Uru village where the Uru have lived for hundreds of years. Theirs homes and schools and stores are built on floating mats of dried totora, a reed-like papyrus that grows in the marshy shallows of the lake. From the totora, the Uru and other lake dwellers make their famed bales, boats formed from bundles of dried reeds lashed together and resembling the crescent-shaped papyrus craft pictured on ancient Egyptian monuments. There is a market on the island and time to shop. Overnight at Taypikala Lago Hotel in Chucuito. (L)

Day 13/October 29: AM: After breakfast we will travel south of Puno to visit the famous interdimensional Gateway of Lord Aramu Muru, walking by the Snake and the Puma, and then to the Condor. This will be one of the most important ceremonies we will do – a special ceremony to connect with other dimensions and other worlds.
PM: Cutimbo (Towers with secret of rebirth)
Overnight at Taypikala Lago Hotel in Chucuito. Puno. (L)



Day 14/October 30: AM: We'll travel by bus to Arequipa, the second most populous city in Peru. It is 7,800 feet above sea level with the snow-capped volcano, El Misti, overlooking the city. Arequipa is nicknamed the "white city" because many of the buildings in the area are built of sillar, a local white stone. We'll visit the 11,179 foot deep Cola Canyon, where the breathtaking view includes watching huge condors, with ten foot wing spans, in majestic flight!
PM: Hot Springs. Overnight in Chivay

Day 15/October 31: Early bus to the Cruz Del Condor to watch these majestic birds. PM – bus to Arequipa straight to the airport to connect with your International flight.



Magical, Mystical Journey to Peru October 17-31, 2009

Costs

\$3295.00 per person, double occupancy.
(Single occupancy additional \$400.00)

Optional 5 day extension to Lake Titicaca and Amantani
\$1295.00 per person, double occupancy.
(Single occupancy additional \$200.00).

Deposit of \$750.00 reserves your place on the tour. (\$350.00 is non-refundable).
Balance due by September 1, 2009

Please let me know if you would like to create a monthly payment plan for yourself!
I am open to creative payment options!

Please make checks or money orders payable to Gayle Franceschetti and mail to
36 Cheshire Road, Wallingford, CT 06492. Kindly indicate your choice of single or
double occupancy and if you'll be joining us for the optional 5-day extension when you
send in your payment!

Credit Cards may also be used with an additional 3% surcharge.

Cancellation Policy:

Any cancellation made in writing after September 1st 2009 will result in the total loss of
deposit plus the loss of any non-refundable costs incurred from our hotels and internal
flights. Trip cancellation insurance is recommended to cover such issues. We reserve the
right to cancel the trip if we do not meet the trip minimum.

Tour fees include:

- Group transportation from Lima airport to the hotel
- All group transportation within Peru
- Breakfast each morning
- Some lunches, as indicated by (L) on itinerary
- Meditation sessions, ceremonies and shamanic experiences
- A fully guided tour featuring author and shaman Jorge Luis Delgado
- All entrance fees for group excursions listed in the detailed itinerary

Tour fees do NOT include:

- International flights
- Airport departure taxes (approximately \$50, depending upon luggage weight)
- Trip cancellation insurance – highly recommended
- Travel insurance (medical)

- Meals, other than breakfast, except where noted by (L) on itinerary
- All beverages
- Shopping
- Personal expenses
- Gratuities/Tips

Important Information!

All items on this itinerary are tentative. The universe sometimes has its own agenda which at times is unknown to us. Therefore, we honor the flow of the universe and will adjust as necessary.

If we encounter bad weather, hazardous roads or other unforeseen obstacles, we'll change our schedule accordingly.

Since spiritual teachings are generally channeled, we ask that you be flexible and keep your heart open to the Love and vibrational energies that will be available to us throughout this exciting journey!