



SAE 1854



# CULINARY JOURNEY IN THE ANDES

## Delicacies from Peru and Bolivia

18 days 7 17 nights      **HALF BOARD**  
**USD 4.580.-    EUR 3.931.-**

### DAY 1 (Wednesday) ARRIVAL IN LIMA

At your arrival at the International Jorge Chavez Airport, our bilingual staff will transfer you to the selected Hotel, where we will describe briefly the activities you will be attending during your stay in Perú and Bolivia.

### DAY 2 (Thursday) LIMA

Breakfast at the Hotel. Today we will start our contact with South America doing a city tour of the Colonial and Modern Lima, visiting one of the UNESCO World Heritage sites. Get acquainted with Perú's Capital City, its 2000 years of history and Colonial heritage, visiting Lima's Historical Centre with its Cathedral, Church and Convent of San Francisco (Catacombs), Convent Santo Domingo, Plaza Mayor and Government Palace. In our route to the southern districts, we will stop for a degustation lunch at Cala Restaurant, the perfect place to savor *maritime haut cuisine* while delighting on breathtaking ocean views of the Pacific. Cala's view and setting blend perfectly with its food, a tasty fusion of Mediterranean and Peruvian cuisine prepared by a talented team of chefs. After lunch, we go back to the hotel for a rest.



After a while, you will be picked up and taken to the Hacienda Mamacona to see the Show "The Peruvian Paso Horse and the National Celebration" -Amazing Spectacle of the best horses- and degustation dinner. This beautiful farm is located 20 kms. south of Lima. You will experience an exhibition of the

beautiful "CABALLOS DE PASO" and you will be able to ride one of these unique horses. The show will be accompanied by a delicious degustation dinner of *Creole food*, as well as a spectacular Musical Show, where you can enjoy the traditional dances of the different regions of the country. Transfer to the hotel. Overnight **(B) (L) (D)**



### DAY 3 (Friday) LIMA

Breakfast at the hotel. In the morning, we will visit an open market to taste a variety of Peruvian fruits, vegetables and seafood and get the ingredients you will need today. Later on, our guide will take you to one of the most renowned restaurants in Lima for your first "Hands on / cooking class". The chef and his team will teach you how to prepare typical Peruvian dishes, such as the famous *Ceviche* as well as the national drink called *pisco sour*. You will of course participate actively on the cooking and after degustation, we will get a delicious lunch. The afternoon is at leisure for private activities. Early evening you will go to *La Huaca*



*Pucllana Restaurant* where you will have dinner on the terrace that overlooks an actual pre-Inca archaeological site, built between 200 and 700 AD, and next to a 1500-year-old adobe pyramid. With a philosophy based on paying homage to the roots of Peruvian cooking, using the many superb ingredients available in the country including meat, fish, shellfish and an infinite variety of vegetables, the menus are an attractive mixture of tastes, aromas, textures and colors. Return to the hotel. **(B) (L) (D)**



### DAY 4 (Saturday) LIMA - PARACAS - ICA

Breakfast at the Hotel. Early in the morning, you will have a road trip from Lima to Paracas bay. You will first visit the Paracas National Reserve, a masterful reserve of ecology, located in Ica in the coastal desert. It is one of the richer marine ecosystems of the world. After the visit, we will proceed to the city of Ica. Upon arrival, we will visit one of the oldest bodegas in the South, where you will experience how to make *Pisco*, starting with the selection of grapes, maceration and distillation. You will taste a variety of Piscos and can buy Pisco bottles. Afterwards, we will have our next "Hands On/Cooking class" where you will participate in the elaboration of some dishes from the Region, followed by a Buffet-Lunch, where you will taste the dishes you have prepared with the Chef!! After the tour, you will return to Paracas, and check in at HACIENDA PARACAS HOTEL. The rest of the day is at leisure. **(B) (L)**

**DAY 5 (Sunday)****BALLESTA ISLANDS –NAZCA - LIMA**

Breakfast. Morning boat ride to the Ballestas Islands, the small Galapagos. After the visit continue to Pisco airport (15 minutes from Paracas) and check in for the Nazca Lines overflight (flight subject to weather conditions). You will also appreciate the Palpa Lines and the new discoveries in Pisco, Ocucaje and Cahuachi. Among other figures, you will see the astronaut, the monkey and the spider. Return to Lima along the South Pan-American Highway. On route, you will enjoy a delicious typical lunch. Arrival in Lima. Free time for shopping, for instance, at the Miraflores Artesanía Market **(B) (L)**

**DAY 6 (Monday)****LIMA - AREQUIPA - COLCA CANYON**

Breakfast at the hotel. Transfer to the airport for your flight to Arequipa. Upon arrival, transfer to the hotel. Lunch at a typical regional restaurant. Our guide will explain you about the local gastronomy before lunch. The menu contains an exquisite variety of typical Arequipa dishes as well as live music and dance to make the visit an unforgettable culinary experience. In the afternoon, you will walk through the Historic Center, declared by the UNESCO as a World Heritage Site, built mostly with a local sillar, a pale volcanic rock, giving Arequipa its glorious architecture and its appropriate nickname, "the White City". Later, visit of the Convent of Santa Catalina. Overnight **(B) (L)**

**DAY 7 (Tuesday) AREQUIPA - COLCA CANYON - AREQUIPA**

An early start from Arequipa to the village of Chivay approximately at 04:00 am. You will then visit the village of Yanque and the vantage points at Antahuilque and Choquetico. This is followed by a visit to Cruz del Cóndor to see the Colca Valley (the second deepest canyon in the world, more than 4 kilometres at its deepest part) followed by an astonishing sight: the great and majestic condor flying only a few metres away. On the way back to Arequipa, you visit the villages of Pinchollo. Lunch at Restaurant El Balcon de Don Zacarias. Return to Arequipa. Overnight at CASA ANDINA CLASSIC AREQUIPA. **(B) (L)**

**DAY 8 (Wednesday) AREQUIPA – CUSCO - SACRED VALLEY**

Breakfast. Transfer to the airport for your flight to Cuzco. Upon arrival, transfer to your hotel. After a short break, city tour including Santo Domingo convent, a Colonial monastery built upon the Koricancha temple, one of the most important temples devoted to worship of the sun, the Plaza de Armas and the Cathedral. We continue to the countryside outside Cusco to visit some of the remarkable Inca ruins in the area, including Sacsayhuaman, the temple and amphitheatre of Kenko, and the Red Fortress of Puca Pucara. On the way back, we will take you to the "Parque de la Papa- Potato Park", for a late lunch at the park's Papamanka Restaurant. Taste a variety of potato dishes while having gorgeous views of the park. This park is a 22,000-acre potato reserve located near Cuzco with more than 1300 varieties of potatoes which origin comes from South American Andes Mountains. After lunch, you can learn about the various kinds of potatoes and the role these crops play in the lives of the local people and their culture. The Kinsaqaucha Lake is included on the tour, with its fields of native potatoes and workshops featuring handicrafts and medicinal plants. Return to Cuzco to the hotel. Overnight. **(B) (L)**

**DAY 9 (Thursday)****SACRED VALLEY/ MACHU PICCHU**

Breakfast at the hotel. We take a trip to the Urubamba valley, the Sacred Valley of the Incas, beginning the tour with the visit on route of Awanakancha, where South American camelidae are bred. Learn about the superb llama, alpaca and vicuña fibres as well as the ancient weaving techniques that are still in use. Continue to Pisac and visit the market. Lunch at El Parador de Moray in the Sacred Valley of the Incas. It is located in a privileged area, a few meters from the archeological site of Moray, and offers a culinary proposal designed by the renowned Chef Coque Ossio. Parador de Moray enables the passenger to enjoy a delicious typical meal, while contemplating the awesome snowed-capped peaks and the valley terraces. Later, visit Ollantaytambo, an Inca fortress. After admiring the site's magnificent past, stroll through the quaint streets of today's town. Overnight at CASA ANDINA PRIVATE COLLECTION **(B) (L)**

**DAY 10 (Friday)****MACHU PICCHU – CUSCO**

Breakfast. Transfer to Ollanta station to board the train to Machu Picchu. Upon arrival at Aguas Calientes, you will take

a 25-minute coach ride to "The Lost City of the Incas", discovered by the American explorer Hiram Bingham in 1911. You will then have a guided tour of the marvelous citadel, an awe-inspiring experience. Later, feel free to stroll around the archaeological site. Buffet Lunch at the Machu Picchu Sanctuary Lodge, the only hotel located adjacent to this ancient Inca citadel. Sit out on a terrace and savour Peruvian cuisine based on produce grown on the Lodge's own plot. In the afternoon, you will return to Cusco via Ollanta. Tonight you will enjoy a farewell dinner at Map Café Restaurant, unique gourmet experience in Cusco. Experienced chef Coque Ossio reinterprets Peruvian classics with a personal touch and achieves memorable results. Overnight. **(B)(L)(D)**

**DAY 11 (Saturday) CUZCO – PUNO**

Breakfast at the hotel. Transfer to the Train Station to depart to Puno (includes Lunch). Upon arrival late afternoon, transfer to the hotel and registration. Overnight at Hotel Hacienda Puno **(B) (L)**

**DAY 12 (Sunday) PUNO – COPACABANA – SUN ISLAND**

Breakfast. Today we will cross the Border to Bolivia. We will pick you up in Puno and drive to Copacabana, the most important catholic shrine, where the Virgin Mary figure from the XVIth century is venerated. The church was built by the Spanish conquerors to house this image. After the visit, we head to the harbour and start our Hydrofoil cruise to Moon Island visiting there the Sun Virgins Temple Iñak Uyu, a temple dedicated to the Virgins of the Sun. After the visit, we continue to the Sun Island to visit the "Pilococaina" Sun Temple. Soft llama trek to "Posada del Inca Eco Lodge". Lunch will be served in form of a communal meal called "ajtapi". Right after lunch, we will start preparing our dinner with our chef. The "huatia", name for an earthed oven is a typical way of cooking the food, placing it in a hole and covering it then with earth where we will maintain a fireplace until the cooking time is over, many hours later. Time at leisure to explore the surroundings. Around 6:00 p.m., you will start a guided walking tour through the island visiting the community before we reach the top of the island for an impressive sunset on Lake Titicaca. When we return, our "huatia" (dinner) will be ready and we can enjoy what we have prepared earlier. Overnight at the Posada del Inca Eco Lodge **(B) (L) (D)**



### DAY 13 (Monday)

#### SUN ISLAND - HUATAJATA

After breakfast, visit the Inca Staircase & Sacred fountain and taste the sacred water believed to give eternal youth & happiness. Lunch at the "Uma Kollu" archaeological restaurant previous explanation of the Inca grains such as amaranto and quinoa with degustation. Our chef and guide will explain you how to make a typical *quinua soup* after you have tasted it. After lunch, Hydrofoil cruise to Huatajata. Upon arrival, experience the "Andean Roots Eco Village": Visit the Altiplano Museum, where a state of the art audio system will explain in your own language the cultural heritage of the Aymaras and the Incas, the colonial time and Jacques Cousteau Expedition to Lake Titicaca. In addition, if you want, depending on climate conditions, you can *fish your own Titicaca trout* for dinner. **(B) (L) (D)**



Before supper, audiovisual and night visit to "The Mystic World of the Kallawayas", natural healers of Bolivia authorized by law to practice natural medicine. "Tata Benjo", -our Kallawayaya- will bless visitors and read your future by casting his sacred coca leaves. *Welcome drink & Candlelight dinner*". After dinner, visit to the Native Observatory "Alajpacha". Learn from the Aymaras Cosmvision & watch the Southern constellations, just unforgettable. Overnight at "Inca Utama Hotel & Spa" **(B) (L) (D)**

**(B)** Breakfast **(L)** Lunch **(D)** Dinner

### INCLUSIONS

- ✚ SIB (Sit-in-basis) for transfers & tours
- ✚ 17 nights in selected hotels
- ✚ 17 breakfast, 15 lunches and 8 dinners
- ✚ All excursions and transfers mentioned in the program
- ✚ Local english-speaking tour guide in all excursions and transfers.
- ✚ Cooking shows and degustations as per program
- ✚ Entrance fees for all visits in Museums and National parks.
- ✚ Travel money security certificate

**NOT INCLUDED: International and local flights;** local airport taxes; tips for Guides, drivers and porters; personal expenses; optional tours and other services not mentioned in the program

### DAY 14 (Tuesday) HUATAJATA – UYUNI SALT LAKE – COLCHANI

(E-bike-Tour: 57 km – 35 miles) Very early in the morning, departure to the Airport in La Paz in order to take your flight to Uyuni.

Our guide and vehicles pick you up from Uyuni airport and invite you for a breakfast at our meeting place. At 8:30 a.m. we start with an explanation of the E-bikes' qualities and their handling as well as tips for the tour. The guide will tell you the route to be defined according to the weather conditions of the day. Since the distances are relatively large, the route to be covered is defined by the group according to the suggestion of the tour guide. Departure at 9 a.m. On the way we will visit the train cemetery and after a short break we will continue to the indigenous village of Colchani, where we will see the elaboration of iodized salt in its rustic form. You will enter the white desert in its fullness with typical extraction landscapes like pyramids of salt, salt eyes and the first hotel built entirely from salt, which is now a local museum. Our guide will look for the ideal place to enjoy a picnic. After lunch, we visit the island of Sajchilla with thousand-year-old cactuses, an unexplored place. We continue towards our hotel. Check-in at the selected Salt Hotel. At the end of the afternoon we will find the ideal place to watch the sunset accompanied by a welcome drink. Return to the hotel, dinner and overnight. **(B) (L) (D)**

### DAY 15 (Wednesday) COLCHANI – LAGOONS – EDUARDO AVAROA NATIONAL PARK

(E-bike-Tour: 45 km – 28 miles) After breakfast at 8.00 am, we leave the hotel driving south, we return with the e-bikes to the Salar with paradisiac landscapes, towards the island of Incahuasi, whose translation of Quechua is "House of the Inca". The island is completely surrounded by the huge salt surface of the Uyuni Salt Flat and its relief is steep. It contains a large number of giant cacti (*Echinopsis atacamensis*), which can reach more than 10 meters high. Afterwards, we continue our journey towards the municipality of San Juan, natural view of volcano Ollague (active), with visit of the "comunarios", continuation towards Laguna Hedionda. Accommodation at the Los Flamencos Echo-hotel. After the accommodation and a short break, walk along the shores of the lagoon where you can see the three species of

flamingos just a few meters away. Return to the hotel, where the chef will be waiting for us with a typical bolivian dinner called "*cordero al palo*", lamb meat with sweet potatoes and choclo (corn cob). Overnight. **(B) (L) (D)**

### DAY 16 (Thursday) AVAROA NAT´L PARK – UYUNI - LA PAZ

(E-bike-Tour: 46 km – 28 miles) Breakfast in the hotel. Departure before dawn towards Eduardo Abaroa Reserve National Park with visit to Laguna Hedionda, Charcota, Siloli Desert, Stone Tree, Laguna Colorada with geysers and hot springs, Dali Desert and Laguna Verde. After returning to the city of Uyuni we visit the Valley of the Rocks, and authentic villages like Villa Alota, Culpina K and the mining town of San Cristóbal with its church. Arrival in Uyuni and transfer to the airport for your flight to La Paz in the evening. Upon arrival, transfer to your hotel in the city center. Overnight at the Europa Hotel or similar. **(B) (L)**

### DAY 17 (Friday) LA PAZ

After breakfast, we will visit La Paz, the administrative capital and largest city of Bolivia. La Paz and the surrounding area bring you to a mysterious past, where every corner, every street, is a hidden treasure where the adventure starts a living story that will enhance all their pre-Hispanic traditions and magic in their streets. The colonial quarters, indigenous and modern, the indigenous market, the witch market and fascinating scenarios are framed by the majestic "Illimani" the mountain landmark, in the Cordillera de los Andes. Finally, we visit the Valley of the Moon, where you will see bizarre formations of clay. Highlight of the day is the ride on the modern cable car enjoying the city from above. Back to the hotel. At the evening, we will have a buffet dinner with a sort of typical culinary delicacies from Bolivia, like the *sajta de pollo* or *picante de lengua* among others **(B) (D)**

### DAY 18 (Saturday) LA PAZ – RETURN FLIGHT

Breakfast. Day at leisure for private activities. Enjoy the hotel facilities, relax or go back in the city walking through the artisans quarter where you can do your last shopping. Or take a ride on other cable car line to see the city from a bird perspective. On time transfer for your return flight at home. End of our services **(B)**

**PRICE PER PERSON IN DOUBLE OCCUPANCY**  
**USD 4.580.- EUR 3.931.-**

### GROUP DEPARTURES

24 October 2018  
13 March 2019  
17 April 2019  
22 May 2019  
19 June 2019  
24 July 2019  
21 August 2019