

VOLUNTOURISM IN THE PERUVIAN ANDES PERU TRIP 2020

Presented by Computer Reach & Mama Pacha Explorations

DATES: August 9th – August 15th 2020
DURATION: 7 Days / 6 Nights

OVERVIEW

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DAY 1: AUGUST 9TH - In Transit: Depart the US & Arrive in Lima, Peru
Day 2: AUGUST 10TH - Flight to Cusco & Sacsayhuaman Tour
Day 3: AUGUST 11TH - Limatambo School & Huatia Cooking
Day 4: AUGUST 12TH - Caicay & Santiago School Visit
Day 5: AUGUST 13TH - Sacred Valley of the Incas & Machu Picchu Town
Day 6: AUGUST 14TH - Machu Picchu Citadel Tour
Day 7: AUGUST 15TH - In-Transit: Flight Back To Lima/Ocean-Front Dinner
End of Trip

TRIP INCLUDES

24/7 In-Trip Assistance
All hotel Accommodations (Single Room x Tour Participant at all locations)
In-Country Airfare
All Private Transportation (Lima & Cusco)
Train Fares
All Meals
Attraction & Other Tour Fees

NOT INCLUDED

International Airfare
Alcoholic Beverages
Ocean-Front Dinner
Airport Locker Fee

PRICE \$ 1998.00 (PER PERSON)



ITINERARY

DAY 1: AUGUST 9TH - IN TRANSIT: DEPART THE US & ARRIVE IN LIMA, PERU

Mama Pacha Explorations representatives will meet you upon your arrival at the Jorge Chavez International Airport in Lima, Peru, and will transfer you to your hotel (Holiday Inn Lima Airport) which is located across the street from the airport (5 minute car ride).

Overnight in Lima.

A Mama Pacha Explorations representative will stay at the same hotel for 24/7 in-trip support.

DAY 2: AUGUST 10TH - ARRIVAL IN CUSCO & SACSAYHUAMAN TOUR

Cusco Elevation 12, 1139 ft. | Temp. High 65° Low 34°

Early in the morning, you are welcome to enjoy a breakfast buffet at the Hotel—which is available from 4:00am – 10:00am.

By 7:30am, we will board the hotel shuttle and head to the airport. Our flight to Cusco departs from Lima at 9:45 am. (Our ETA to Cusco is 11:05am). Upon arrival at our Cusco hotel, we will take an hour or so to get our bodies adjusted to the high altitude. Then we will have lunch.

Later in afternoon, we will board our private transportation to visit the Sacsayhuaman archeological site (2 mi. North of Cusco), which used to be a temple dedicated to the Sun God. The site, besides standing as testament to the unparalleled Inca architecture and engineering, provides a spectacular view of the City of Cusco.

Early in the evening, will take a stroll around the picturesque main square of Cusco—the ancient capital of the mighty Inca Empire. Then we will enjoy a balcony dinner at the heart of the city of Cusco. As we have a taste of the acclaimed local and national Peruvian cuisine, we will be entertained by dancers and musicians performing traditional and colorful dances from the Coastal, Andes, and Jungle regions of Peru. All of these while having an incomparable view of a visually-stimulating night at the heart of the Inca Empire.

Overnight in Cusco

A Mama Pacha Explorations representative will travel with you in the same flight and will stay at the same hotel for 24/7 in-trip support.



DAY 3: AUGUST 11TH – LIMATAMBO SCHOOL VISIT & HUATIA COOKING

Cusco Elevation 12, 1139 ft. | Temp. High 65° Low 34°

Early in the morning, we will have breakfast at the hotel.

After breakfast, we will board our private transportation and head to the Pampaconga K-12 School. Located in the village of Limatambo (8, 400 ft.) in Cusco's Anta province and flanked by the majestic Vilcabamba mountain range and the sacred Salkantay Mountain, this school serves over two hundred students—whose parents are mostly farmers. Once at the school, we will proceed to install and provide support about the Teacher Bundles to school staff.

Around noon, we will visit Nicomedes' (a Mama Pacha Exploration partner) farm in Limatambo and will partake of the preparation of a traditional meal—a Huatia, which is an earthen oven, has been used to cook food in Peru since ancient times.

Our delicious meal will included baked (in the huatia) potatoes, corn, the traditional and delicious Uchucuta sauce—which is an Andean herbs and chili green sauce—and Cusco-style cheese, and much more. This will be a great opportunity to commiserate with the locals and learn about their traditions and customs through meal sharing.

Late in the afternoon, we will return to Cusco (back to our hotel). After a much needed break, early in the evening, we will take a stroll to Cusco's main square and will have dinner.

Overnight in Cusco.

A Mama Pacha Explorations representative will stay at the same hotel for 24/7 in-trip support.

**SCHOOL PROFILE**

Name: Caicay Elementary School
 School size: 100+ students
 Location: Caicay, Paucartambo, Cusco
 (23 mi. East of Cusco)
 Elevation: 10, 200 ft.
 Population: 2,900 (District)

DAY 4: AUGUST 12TH – CAICAY & SANTIAGO SCHOOL VISIT

Cusco Elevation 12, 1139 ft. | Temp. High 65° Low 34°

Early, after breakfast, we will visit Jorge Núñez del Prado High School, Located in the town of Caicay (10, 200 ft.) in Cusco's Paucartambo province and flanked by Vilcanota river. Once at the school, we will proceed to install and provide support about the Teacher Bundles to school staff.

Early in the afternoon, we will return to Cusco for lunch. Then we will visit Gran Mariscal A. Avelino Caceres Elementary School, which is ocated in Cusco's Santiago neighborhood (12,000 ft.), this school serves over four hundred students who usually come from the surrounding poorer neighborhoods and communities. Once at the school, we will proceed to install and provide support about the Teacher Bundles to school staff.

Late in the afternoon, we will return to Cusco (back to our hotel). After a much needed break, early in the evening, we will take a stroll to Cusco's main square and will have dinner.

Overnight in Cusco.

SCHOOL PROFILE

Name: Gran Mariscal A. Avelino
 Caceres Elementary School
 School size: 400+ students
 Location: Santiago Neighborhood,
 Cusco
 (0.7 from our hotel)
 Elevation: 12, 000 ft.



A Mama Pacha Explorations representative will stay at the same hotel for 24/7 in-trip support.



DAY 5: AUGUST 13TH – SACRED VALLEY OF THE INCAS & MACHU PICCHU TOWN

Ollantaytambo 9,160 ft. | Temp. High 65° Low 34°



After an early breakfast at the hotel, we will board our private bus and travel to the Enigmatic Inca Ruins of Moray (11,500 ft.), which sit high on the Maras Plateau of the Peruvian Andes. The ruins are comprised of four bowl-like depressions, which have been constructed with a series of concentric terraces that resemble an ancient Greek amphitheater. Moray, unlike other Inca constructions, reflects an inward journey—whose path follows its concentric rings which possess an exquisite design and are mildly hypnotic once you reach their bottom floor.

Next stop, Ancient Salt Mines of Maras (11,089 ft.) Imagine this: The windswept mountains of the Sacred Valley of the Incas covered by red and pink-colored slopes and dotted by bleached-white snow webs. Now imagine your surprise when you realize that what you are actually seeing are hundreds of square-shaped terraced salt pans which cover the slopes of the hillside. Today, the salt pans are actively hand-harvested by local families. Freshly-harvested salt and salt crafts are readily available for purchase at the site. Around noon, we will travel the serpentine roads en route to Urubamba (9,416 ft.), a picturesque and ancestral town located in the heart of the Sacred Valley of the Incas. In Urubamba, we will have lunch at a buffet restaurant which offers the best of the local and national cuisine.

After a brief lunch, we will travel to and tour Ollantaytambo (9,160 ft.), the only Inca settlement which has uninterruptedly been inhabited since its founding. There we will we will visit the Ollantaytambo Fortress, which was a royal state was located in in the idyllic Sacred Valley of the Incas, flanked by the magnificent Andean mountains, the Sacred Valley, and the Urubamba and Patakancha rivers. The site is yet another example of the exquisite masonry and enigmatic architectural feats of the Incas. Terraces, fountains, temples, monoliths, gates are all part of this imposing site. One of the most impressive structures in the fortress is the Wall of the Six Monoliths, carved with mysterious engravings and enigmatic iconography and each of them weighing over fifty tons and brought to the site from a quarry 2.5 miles away (without the use of wheels).

Early in the afternoon, we will board the Vista Dome train to Machu Picchu—this journey will heighten your sense of wonder as you go from the arid plains of the Andes, with its snow-capped mountains, to the luscious and vivid Peruvian cloud forest wherein Machu Picchu town and the citadel itself are located.

Dinner & Overnight in Machu Picchu Town

A Mama Pacha Explorations representative will stay at the same hotel for 24/7 in-trip support.



DAY 6: AUGUST 14TH – MACHU PICCHU CITADEL

Machu Picchu 7,970 ft. | Temp. High 67° Low 35°

At dawn, we will board a bus which will take us on yet another scenic ride up the mountains to the citadel of Machu Picchu (7,970 ft.) which capriciously sits atop a peak, shrouded in mystery and often in clouds, defiantly standing as a testament to the greatness of one of the most advanced civilizations of the New World, the Inca Empire.

The Machu Picchu citadel, which is believed to have served as a royal estate, with its temples, houses, aqueducts, and plaza, which seem as though they had been sculpted out of the continuous rock escarpments, bears witness to the sacred nature of the stone in the Inca cosmovision and architecture and seems to pay an enduring homage to the mountains and the earth wherefrom its stones were taken.

Words and images are futile when trying to apprehend the beauty and magnificence of Machu Picchu. You will have plenty of time to explore and internalize the remarkable beauty and the inexhaustible energy with which this ancient Inca citadel seems to fill all those who visit it.

Later in the afternoon, we will board our train and head back to Cusco.
Dinner and overnight in Cusco.

A Mama Pacha Explorations representative will stay at the same hotel for 24/7 in-trip support.



DAY 7: AUGUST 15TH – FLIGHT BACK TO LIMA / OCEAN-FRONT DINNER / END OF TOUR

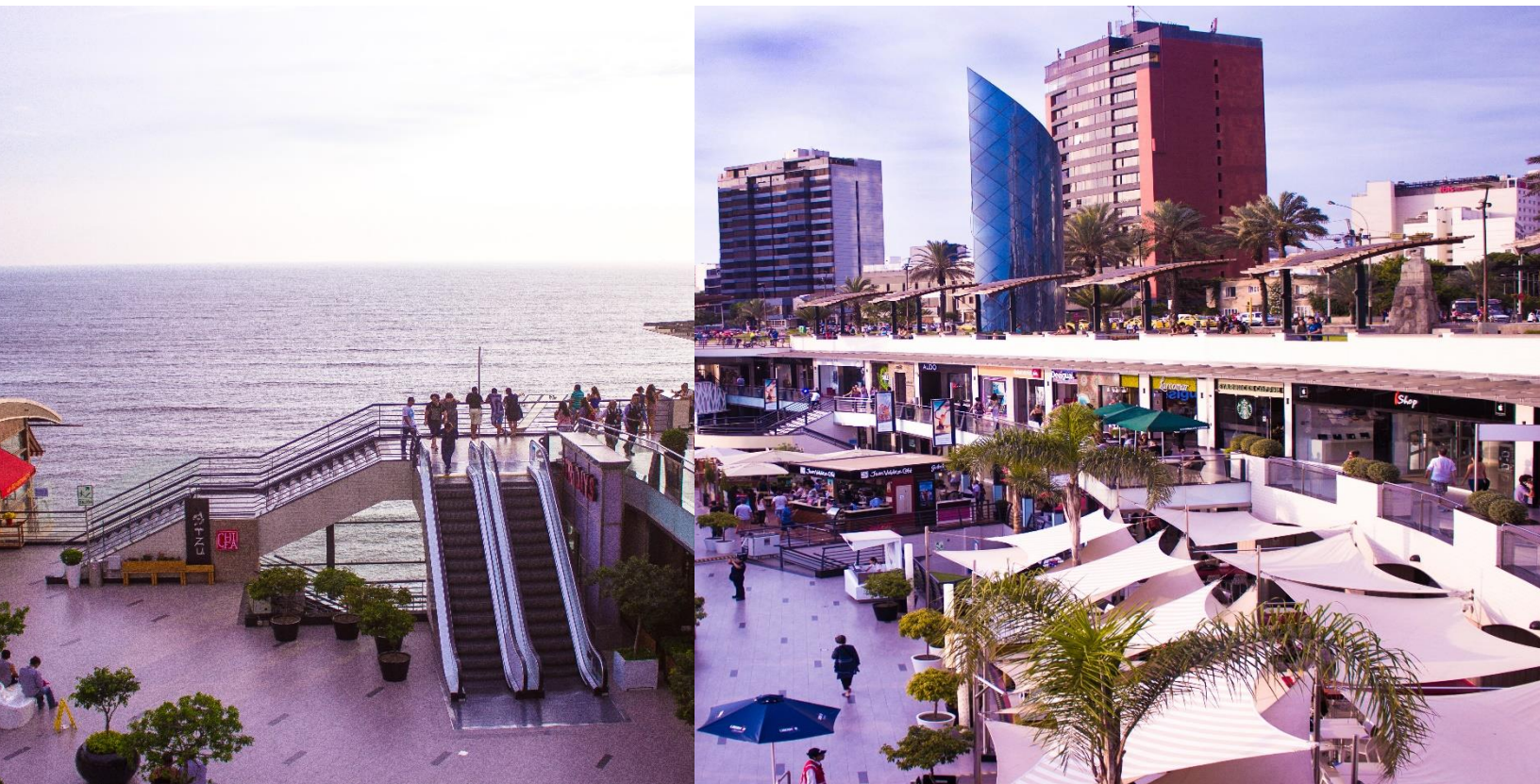
Machu Picchu 7,970 ft. | Temp. High 67° Low 35°

Early morning (at about 7:00am), after breakfast, we will be transferred to the airport to board our plane back to Lima.

Once we arrive in Lima, around noon, we will proceed to drop off our luggage at the airport lockers. Then we will board a private bus and head to a Larcomar, a shopping center located on a cliff with a spectacular view of the Pacific Ocean and in the heart of the Miraflores district of Lima, Peru, only 18 km from Jorge Chavez International Airport. There we will enjoy a nice buffet dinner.

Late in the afternoon, we will return to the airport.

End of Tour.



WHAT TO PACK - CHECKLIST

1. Sunscreen
This is very important because you have to remember that the higher the altitude, the higher the intensity of the sun per unit area. In our tour, we will reach an elevation of 12,000 ft. So make sure to bring broad-spectrum sunscreen with a high SPF.
2. Clothing: Think in layers. It can get cold, wet, and extremely warm all in one day.
3. Sun hat (If able, pack one that covers your neck—especially if your skin is sensitive to the Sun.)
4. Sunglasses
5. Conformable Hiking Shoes/Pants
6. Winter Jacket / Hoodies
7. Rain Jacket
8. Moisturizing lotion
9. Hiking Backpack / Money belt
10. Pack your toiletries in zip lock bags. Because of the high altitude, shampoo and other bottles tend pop open leaving a nasty mess in your bag, Pack all toiletries in sealed bags to avoid any unnecessary mess.
11. Earplugs for when you are stuck in a noisy room or want to sleep on the bus or plane.
12. A hat, scarf and gloves for those cold mornings and evenings. You can buy Peruvian winter hats and gloves at the local markets so don't worry if you forget to bring these with you.
13. Something for Altitude Sickness: We suggest you consult with your physician to see if you need to pack something against altitude sickness. Most locals, including me, will just drink some Coca leaf infusion and will do well. But said infusion will not help you if you are prone to real altitude sickness.
14. Copies of all your important travel documents (preferably print & online)
15. List of your current medical conditions, medications, allergies, prescribing physician and dosage. And the name of your emergency contact formation. This info needs to be readily available in case of an emergency.
16. Portable travel first aid kit – Get a basic one, then medication, ibuprofen, Imodium—which can be a lifesaver, etc.

Please remember that this is a summary list and we suggest you pack things as you see fit, but always bearing in mind the baggage allowance for the in-country flights (See page 8).





TRAVEL DOCUMENTATION AND VACCINATIONS

1. **PASSPORT VALIDITY:** Must have six months validity at time of entry
BLANK PASSPORT PAGES: One page required for entry stamp.
2. **TOURIST VISA REQUIRED:** Free, issued at the port of entry.
3. **VACCINATIONS:** Yellow fever vaccination is recommended
For more information about vaccinations when traveling to Peru, we suggest you consult with your physician or visit the following link provided by the US Centers for Disease Control and Prevention:
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

BAGGAGE ALLOWANCE FOR IN-COUNTRY FLIGHTS

1. **Hand Luggage**
Passengers can carry 1 piece of hand luggage, provided that it does not exceed 11 lb. in weight and is no more than 15.7" x 13.7" x 7.8" H-W-D.
2. **Checked Bags**
Free checked baggage allowance: The baggage allowance for each passenger is 23 kg (55 pounds) in ONE item of luggage. Baggage item must not exceed the following dimensions: 29.5" high, 17.7" long, and 13.7" inches wide.
3. **Excess baggage**
Any excess baggage will be transported prior payment of USD\$2.95 (sales tax incl.) per each extra kilo (2.2 pounds). Again this fee is levied by the airline, not Mama Pacha Explorations, and may be subject to change.

PLEASE NOTE THAT MAMA PACHA EXPLORATIONS WILL NOT ASSUME ANY OF THE COST FOR EXCESS LUGGAGE. SO BEAR THIS IN MIND WHEN PACKING.

MONEY & CURRENCY EXCHANGE

The currency of Peru is the Nuevo Sol (symbol: S/.) As of March 2019, the Peruvian Nuevo Sol was trading at 3.33 per US dollar.

Mama Pacha Explorations will assist you in exchanging Dollars into Nuevos Soles upon your arrival in Peru.

ELECTRICITY IN PERU

PERU SUPPLY VOLTAGE: The supply voltage in Peru is 220 volts at 60 hertz (in the USA, electricity is supplied at between 110 and 120 volts).

WI-FI

All our hotels have free internet access via wi-fi.

U.S. CELLPHONE IN PERU

Most U.S. carriers, Verizon, AT&T, etc., will allow you to use your cellphone to make calls to the US from Peru. However, unless you have purchased an international plan, you will rack up a huge bill before you know it. So the best way around this is to leave your phone on airplane mode once you arrive in Peru. And if you need to call someone in the US we will assist you in doing so in the most affordable manner.



Most Commonly Used Plugs & Outlets in Peru