

PERU



LOVE
PLANE

THE



CAPAC

SUMMARY

TO FIND YOUR WAY STEP BY STEP

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Hikers on the Inca Trail trek.

SUMMARY

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PRESENTATION

OSITO CAPAC



Hola! que tal!

I'm Capac, your digital guide in the shape of a sloth. Created by local specialists, I offer you a unique, human approach to travel, centered on Slow Travel.

My aim? To allow you to fully immerse yourself in the spirit of each destination and discover unknown sites.

With me, you'll explore at a leisurely pace, savoring every moment, whether it's a stroll through streets steeped in history or a picnic where time stands still. Let me turn your trip into a memorable adventure!

Hasta pronto!

Osito Capac

SLOW TRAVEL

A DIFFERENT WAY TO TRAVEL

What is Slow tourism?

Derived from the **slow food** movement, the underlying idea is to consume better! In the field of travel, translate as “Do less, but more deeply”.

Less waste, less CO2, more time, more quality...

Slow Travel means is based on several pillars:

- Respect for the environment with "gentle" transport (favor cycling or hiking, kayaking, etc.) and limit travel times as much as possible with overnight stays in local homes. We also want to limit our carbon footprint on long circuits.
- Experiences in contact with the local population with cultural activities, overnight stays with locals to be immersed in the region visited .
- In-depth discovery of the regions, that is to say spending more time in the same place in order to be able to enjoy visits off the beaten track.

WHO ARE THE SLOW ACTORS

SUPPORTIVE ENTREPRENEURS

With CAPAC, we bring together SLOW tourism operators who respect our charter and the values corresponding to their field of activity (transport, accommodation, activities), and who are distinguished by the quality of their services and their passion for what they do.

By using their services, you are contributing to the development of the local economy and helping to improve the daily lives of the Peruvian population at large.

Our association develops partnerships and supports associative projects in the fields of childhood, employment, education, health and the environment.

Find out more about our Vision and the values we promote on our website Capac.info

The SLOW actors in our movement are committed to a wide range of solidarity and environmental actions.

 **Asociación
Qosqo Maki**

We work in particular with the Qosqo Maki association which is responsible for the reintegration of children living on the street. They provide them with support, accommodation and training in a profession of their choice.



SLOW TRAVEL

A concept that encourages you to **take the time** to live each experience to the full, to **visit less but better...** always in contact with **local populations** and generating less impact on the **environment**.



Environment

CHOOSE "SOFT" ACTIVITIES

Why should you ride a quad when you can discover the region on foot, on horseback, by bike and in a thousand other "soft" ways?

By choosing this type of activity, you will discover the local wonders in a more economical way, without contaminating the environment... and improving your health at the same time!

SPEND MORE TIME IN EACH PLACE

If you want to go a little further than your local area you have to fly or drive?

Focus on a region instead of discovering an entire country. By spending more days in each location, you will limit the ecological impact of your trip.

FAVOURING CONTACT WITH NATURE

6 hours by bus, 1 hour on site... Did you want a touristic experience or a bus ticket?

Make every kilometre worthwhile. On our tours, we try to make the time spent on transport equal to or less than the time spent sightseeing, walking and/or doing activities.



Local population

DISCOVER HIDDEN WONDERS

The most precious treasures are rarely found on the beaten paths!

As part of Slow Tourism, we take every opportunity to get off the beaten track and explore wonders that only locals know.

LIVE LIKE LOCALS

A Big Mac will never give you the taste and memories of the pachamanca and frutilladas of our friends in the valley!

We will eat locally and even sleep in local houses, always seeking to share the culture and traditions of our hosts.

DEVELOP A MORE QUALITATIVE TOURISM

Would you rather be seen as customer number 15703 or as the new son of the family?

By putting local people at the centre of everything, we will offer a better experience to the travellers as well as to the regional stakeholders. The locals retain more benefits and the tourist learns more, shares more and experiences more.



In-Depth discovery

REALLY LEARN

Millions of people have their selfies on the Eiffel Tower, Machu Picchu or the Coliseum, but how many of them really know their story?

Stop flying over destinations. Take the time to really get to know the places you visit rather than just taking a few picture between bus stops.

EXPERIMENT WITH ALL TYPES OF ACTIVITIES

Why choose between a street art tour, a historical tour, an Escape Game Outdoor and a gastronomic tour of the city when you can try them all over several days!

Just take the time to experience a thousand adventures in the same city!

EXPLORE MUCH MORE

All your friends have told you about their day trip to Machu Picchu.

What if you told them that you visited Machu Picchu AND its little sister Choquequirao during your stay in Cusco?

Experience unforgettable adventures in incredible destinations where no one usually goes for lack of time!



The world has changed; it was time for tourism to reinvent itself! 'Escape' with us and discover a new way of traveling... slower, more human, more conscious!

PERÚ

BETWEEN INCA HISTORY AND NATURE

Land of millennia-old cultures and the Incas, land of contrasts, made up of 3 major ecological regions, the Coast, the Andes and the Amazon, Peru is the cradle of numerous pre-colonial civilizations.

Without any contact with the Western world, these civilizations developed in a unique way, in harmony with nature and by developing their own sciences and artistic achievements.

Despite the advent of the "conquistadores", then globalization, indigenous cultures proudly retain their identity, regularly highlighted through festivities but also practiced in their everyday lives.

Peru offers you a guaranteed change of scenery... You will enjoy its gastronomy and leave it reinvigorated, having shared during your stay this simplicity and vitality that is, after all, very Latin! You will also promise to return quickly to recharge your batteries!



Coca leaves, sacred in Perú

GENERAL INFORMATIONS

Capital: Lima

Population : 32.5 million inhabitants

Times: UTC-5

Climate: In the Andes, rainy season from November to March and dry season from April to October. On the coast, summer is from November to February.

Types of region:

- the costa: the Pacific coast
- the sierra: the Andes and the central Andes
- the selva: the Amazon rainforest





Languages: Spanish mainly, Quecha and Aymara in the Andes

WHY TRAVEL TO PERU?

There are as many reasons as there are travelers! Here are a few:

- Its diversity of landscapes: Go from the coast to the mountains, passing through the Amazon forest!
- Its unique culture and meetings with communities: Who doesn't dream of visiting Machu Picchu? Community tourism allows unique encounters with its inhabitants.
- Its excellent gastronomy: between ceviche, lomo saltado, pisco sour and the thousands of dishes resulting from the fusion of the different waves of migration that took place in Peru, you will not fail to delight your taste buds!
- Its treks and high peaks: the Inca Trail trek in Cusco and those in the Cordillera Blanca in the Huaraz region are among the most famous in the world.

PERU, FOR WHICH CLIENTELE?

- CULTURE**  • Culture enthusiasts: the fame of Inca history is well established! Don't miss Arequipa, Cusco, the Sacred Valley and Machu Picchu.
- AVENTURES**  • Athletes or lovers of outdoor activities: with its peaks over 6000m, Peru is a playground for all hikes and outings in nature, as well as mountain biking, rafting and even horse riding.
- FAMILLE**  • Families: young and old will appreciate Peru through the numerous visits and activities for all audiences.
- TOURISME LENT**  • Couples and groups of friends: the diversity of activities, accommodation and gastronomy makes it possible to satisfy all tastes. Large cities like Lima, Arequipa and Cusco are known for their festive side.

Good for EVERYONE! The only prerequisite is to have a good physical condition allowing easy adaptation to altitude, especially in the Andean regions (for example Cusco and Lake Titicaca).

WHEN TO TRAVEL TO PERU?

It is possible to travel ALL YEAR ROUND in Peru. The country is divided into 3 very distinct sectors.

- Coast: winter from May to November, summer from December to April
- Andes: dry and cold season from May to November, wet and relatively warm season from December to April
- Amazon: dry and hot season from May to November, rainy season, humid and hot from December to April.

If you want to travel to the coast in particular, you will have to favor the coastal summer (from December to April) when the sky clears.

The best time to visit the Andes is during the dry and cold season (May to November), with a preference for May and October.

The rest of the year, you should expect temporary showers.

The main local festivals take place from April to August, but Peru is known for its calendar with over 500 festivals per year!

Regarding the Amazon, you should avoid going there during the rainy period, which can be abundant



the cock of the rock, Endemic Bird of Perú

HOW TO PREPARE YOUR TRIP?

- No VISA is required for Peru, for stays of less than 90 days.
- Passport valid 6 months before expiration date.
- The currency is Nuevo Sol.
- Insurance and health: for a stay in the Amazon, the yellow fever vaccine is recommended.
- For treks and activities, travel insurance is recommended.

ORGANIZE WELL AND TRAVEL IN PERU

In order to properly organize your trip to Peru and in general in South America, some knowledge of natural and cultural elements is essential to avoid disappointments and unpleasant surprises... although that is also part of the adventure!

Here are some tips to help you manage your time and routes well. On site, we are obviously available to answer any questions you may have:

- Distances are very long in Peru, excursions sometimes easily require 4 to 5 hours of driving. To give you an idea, a trip between Cusco and Puno requires around 6 hours of driving, a bus trip from Cusco to Lima takes 22 hours!
- We must not forget that it is a vacation and it is better to spend more time sightseeing than in transport. We favor itineraries with few long journeys, and several nights at each stage to avoid return trips.
- Some basic Spanish or English can be helpful in communicating with locals, but it is not required. In case you do not speak the language, we will happily offer you the services of one of our local French-speaking guides.
- Peru and other South American countries are generally relatively safe countries! As everywhere, however, it is important to take care of your belongings and avoid showing your values too much, especially in poorer or less touristy areas. When traveling with Pasión Andina you will have a guarantee of safety because we will take you to places that we know.

WHAT TO TAKE IN YOUR SUITCASE?

First of all, you should know that you will find everything (or almost) on site, and often at a better price. So don't worry if you forget something!

You will probably want to bring back some souvenirs to the country, for example traditional alpaca textiles (sweaters, hats, bags, etc.), in which case, leave room in your luggage!

You will also have the opportunity to offer to an association or community some objects that you would no longer need in Europe.

Your help will be welcome in the Andes. Philosophy is therefore a bag full on the way there and on the way back!

For your trip, we recommend practical and comfortable items, suitable for all climates. Do not hesitate to contact us when packing your suitcase.

GOOD ACCLIMATION

ACCLIMATION Acclimatization is necessary for the Andean regions, particularly Arequipa, Lake Titicaca, Cusco and the Cordillera Blanca. The locals will recommend a good infusion with coca leaves which have properties against altitude sickness.

Altitude sickness (called "soroche" in Peru) can appear when a person climbs above 2500m, where the first symptoms appear: migraine, nausea, loss of balance, shortness of breath at the slightest effort, etc. These symptoms are not cause for concern and the majority of people who go above 2500m altitude experience them. Generally, the effects subside within two or three days and are quickly forgotten.

If this is not the case, it is necessary to descend to a lower altitude, so that everything returns to normal.

At Pasión Andina, our itineraries are designed to offer you gradual acclimatization and thus avoid any inconvenience.

PERUVIAN TERRITORY

EARTH DIVERSITY AND CONTRAST

Peru is a very vast country which is characterized by its diversity of reliefs and landscapes. Each region presents a unique identity, culture and history. Peru rhymes with plurality!



PACIFIC COAST

BETWEEN MODERN CITIES, DESERT, AND DUNES

The Pacific coast from Lima to Arequipa is a cultural and natural jewel. The “costa”, where 60% of the population lives, is divided between the desert part of Huacachina, the Paracas national reserve and the Ballestas islands. We sometimes find the phenomenon of “Nino” all over the coast. Many activities allow you to discover the region with cultural outings, mountain biking, hiking and discovering the fauna and flora of the Pacific coast.



Many archaeological sites bear witness to pre-Columbian culture, for example the Nasca and Paracas cultures prior to the Inca Empire, with the site of Tambo Colorado, the Nasca city, there is so much to do!



DISTANCES

- ✈ Lima - Arequipa : 1h30
Lima - Cusco : 1h15
- 🚗 Lima - Paracas : 4h
Lima - Ica : 4h15
Lima - Nor Yauyos : 7h
Lima - Nasca : 6h30
Lima - Puquio : 11h
Paracas - Moron : 1h
Paracas - Tambo Colorado : 1h15
Nasca - Arequipa : 9h30
Arequipa - Canyon de Colca : 3h

COAST GASTRONOMY

Coastal Peruvian cuisine is a real delight. Renowned throughout South America, Peruvian gastronomy is increasingly popular, notably driven by chefs Virgilio Martinez and Gaston Acurio.

- Ceviche , to be enjoyed on the Pacific coast between Lima and northern Peru, is a typical dish of fish marinated in lime juice and with raw onions.
- Many dishes of Spanish and North African influence , particularly with the arrival of the Moors in Peru, we speak of Afro-Peruvian Creole cuisine (or Manos Morenas)



The traditional dish of the Pacific coast, ceviche

LIMA

MEGALOPOLIS ON THE PACIFIC COAST



Altitude : at sea level

Population : approximately 10 million inhabitants (1/3 of the Peruvian population)

Lima, the Peruvian capital, will be your point of arrival in Peru and will mark your meeting with the Pacific coast. It is also called the “gray” because its sky is not often clear outside of summer (from December to February). This metropolis is often criticized for its traffic but is full of cultural treasures such as its Larco Museum, a visit to the Barranco district or even its Plaza Mayor in the historic center. Lima is renowned for its gastronomy: the opportunity to taste a good ceviche and drink a pisco sour or to learn to cook local specialties with a chef.

We recommend the Miraflores district for your accommodation, it is a safe district where it is possible to do many tours on foot, and in particular to reach the seafront in a few minutes.



After a good ceviche, a walk on the malecon of Lima

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CULTURE



The majority of international flights arrive in Lima, the city will therefore be your point of arrival in Peru, from there you have access to all other regions.

Due to its density population, it is recommended to remain vigilant in the capital to avoid any disappointment.

WHAT TO DO IN LIMA?

Even in the hustle and bustle of Lima, it is possible to find peaceful places to visit and take a leisurely stroll. We offer you some ideas for activities:

- Stroll along the malecon (the seafront) of Lima, passing through the Parque del Amor (the Park of Love) above the cliffs, with a view of the Pacific Ocean.
- Sit under one of the olive trees of Parque El Olivar in the San Isidro district.
- Visit the Plaza Mayor in the historic center, with its buildings with yellow facades and the Metropolitan Basilica-Cathedral of Lima, which houses the tomb of Francisco Pizarro.
- Visit the archaeological site of Huaca Pucllana, pre-Columbian ruins which contrast with the modernity of the capital.



Huaca Pucllana, in the modern district of Miraflores

PARACAS

WILDLIFE OF THE PACIFIC COAST



Altitude : at sea level

Population : 4 150 habitants

A small fishing village on the Pacific coast, Paracas has seen its development grow in recent years with the arrival of tourism and more particularly of the population of Lima seeking an oasis of calm for vacations outside the capital.

Starting point for the Paracas National Reserve, a magnificent desert with cliffs falling into the ocean, but also for the Ballestas Islands, populated by a multitude of marine mammals and birds, from which the famous "guano" was once harvested. To visit the region in more depth, we advise you to extend your stay at the Moron oasis and Tambo Colorado, which are also wonders that are still little touristed!



FAMILLE



AVENTURES



The pelican, king of the Ballestas Islands

HOW TO VISIT THE BALLESTAS ISLANDS NATIONAL RESERVE?

The Paracas and Ballestas Islands National Reserve is a protected place and access to public transportation in the area is not permitted. It is therefore best to find out about the different possibilities directly from the members of the port. Here are some options for getting there:

- By boat to discover all the marine fauna present in the reserve: birds, sea lions and penguins. Along the way, the boat makes a stop at "El Candelabro", a geoglyph resembling a candlestick or trident. The walk lasts approximately 2 hours.
- By bike in the Paracas Reserve to move freely, pass by the interpretation center and Playa Roja (the red beach); next to Lagunillas, a small fishing port. It is also an opportunity to eat mariscos (seafood).

Paracas is located 4 hours from Lima in taking the "Panamerican" along the Pacific coast.

The name of Paracas The pelican, king of the Ballestas Islands comes from the Quechua "para", rain and "aco", sand therefore literally "the rain of sand".

Indeed, in summer it was very hot and in winter the sand of the desert Nasca arrives in the city.

Paracas culture lived mainly from fishing on the peninsula of the same name

ICA

BETWEEN DESERT AND VINEYARDS



Altitude : at sea level

Population : 280 000 habitants

Wine capital of Peru and land of Pisco, grape-based brandy, national pride, Ica enjoys a pleasant climate, between ocean and fine sand dunes!

You will particularly appreciate the Huacachina oasis, the perfect place to relax after a walk in the dunes! We will be happy to suggest other less popular places, to guarantee your change of scenery, such as the “Cañon de los Perdidos”.

Don't miss the visit to the vineyards with explanations and tasting included: for example the vineyards of Tacama, El Catador or Vista Alegre who will welcome you and present their very special wines.



Huacachica, the oasis in the middle of the desert

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AVENTURES



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The Ica Regional Museum houses many pre-Columbian mummies, as well as objects such as furniture and paintings from the colonia.

In March, the Harvest Festival takes place in the city and opportunity to attend parades and Afro-Peruvian dance.

WHAT TO DO IN ICA?

In addition to its seaside, the city of Ica has many cultural activities to offer:

- In the city center, visit the municipal palace, the cathedral as well as the Sanctuary of the Lord of Luren.
- Visit the Casona del Marqués of Torre Hermosa or Mendiola
- Sleep in the sand dunes with the possibility of organizing a barbecue and dinner under the stars
- Visit different cellars, their vineyards and enjoy tastings

PISCO SOUR

The pisco sour is the national cocktail, it is composed of pisco, the grape alcohol from the Ica region, lemon juice, as well as cane sugar and egg white for create a foamy (smooth) appearance to the cocktail. To be enjoyed in moderation!



Pisco sour, national cocktail

NASCA

IN THE FOOTSTEPS OF MARIA REICHE



Altitude : at sea level

Population : 27 000 habitants

Nasca (or Nazca) was the center of the eponymous civilization with disturbing and still enigmatic advances. How was this civilization able to trace these gigantic geoglyphs? What were his intentions? How was she able to survive in the arid and hostile conditions of the desert? The latest investigations, agronomic, archaeological, astral, based in particular on the research of Maria Reiche, provide some avenues of understanding; but they do not yet reveal a large part of the mystery. This is what will fascinate you during your stay in Nasca. Among the figures, we can notably observe a giant bird more than 305m wide. Research on the Nasca lines is still ongoing and new figures are discovered regularly!



Among the geoglyphs of the Nasca lines, the figure of the

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The visit to Nasca does not stop there, you can also visit the cemetery of Chauchilla, which presents mummies in a state of conservation impressive. You will also appreciate the aqueducts of Cantalloc or the site of Cahuachi, an important place of pilgrimage.

HOW TO VISIT THE NASCA LINES?

During your visit to Nasca, don't miss out on discovering the lines of the same name! Several options are possible to observe these incredible geoglyphs:

- From the viewpoint, located 20km from Nasca, you will see around 5 figures.
- From the air, by plane, to see the extent of the lines, by flying over approximately 12 figures. The flight over the lines lasts approximately 30 minutes.

To understand and learn about the Nasca lines and culture, we also recommend the Nasca Archaeological Museum or the Maria Reiche Museum. The Palpa lines are another alternative to the Nasca lines, much less touristy but just as interesting!



Very well preserved mummy of hauchilla

MORON - TAMBO COLORADO



Altitude : at sea level

In around Paracas, Nasca, Palpa and Ica, many remains remain to be discovered. Due to lack of time, most tourists visiting the region do not pass through these places. We offer two alternatives: the Moron lagoon and the archaeological site of Tambo Colorado during your stay on the Pacific coast.

The Moron oasis has nothing to envy of the Huacachina oasis! It is the ideal starting point for a hike in the sand dunes. Much less known than its little sister, the Moron oasis allows visitors the same activities and much more tranquility. The Tambo Colorado archaeological complex with multiple names Puka Tampu, Pukallaqta, Pukawasi located in the Humay district, deserves much more attention and recognition than that devoted to it. It is surely one of the best preserved adobe archaeological sites in Peru with an impressive number of windows and structures.

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AVENTURES



The Oasis and the Moron lagoon

WHAT TO DO AT THE OASIS OF MORON?

The best is to discover the sand dunes and its lagoon at your own pace. Morón is located very close to the Pisco River. On the shore, you will see many frogs that can jump two meters high! This place is the main habitat of many species of animals, such as cardinals, doves, ducks, coots, ...

In the dunes, you will also see some curious insects and occasionally some lizards.

HOW TO VISIT THE TAMBO COLORADO SITE?

It is possible to visit Tambo Colorado from the town of Humay, passing through the Pisco River Valley or by the road "Via de Los Libertadores" which leads to Ayacucho. Surrounded by hills and the river, the site was an important administrative and military center. The name Tambo Colorado means "tambo", the inn or relay point and "colorado", "colorful" since numerous fragments and pigments of red and yellow colors were found there on the walls. Don't miss the museum at the entrance to the complex to discover the pieces found on the site and in the region, particularly from the Chíncha and Inca culture.



Tambo Colorado Archaeological Site

PUQUIO

FROM QUECHUA “PUKYU” WATER SOURCE



Altitude : 3215m

Population : 13 815 habitants

Puquio is a pretty town, capital of the province of Lucanas to which it belongs and which is located in the department of Ayacucho. It is believed that this city was founded by the various mining establishments that existed in the region.

Puquio's tourist attractions include its main square, which is one of the largest in Lucanas. Around the square, even today, we can appreciate residential architecture, where buildings from the beginnings of the Republican era predominate, known for their elaborate wooden balconies.

Anyone who wants to visit Puquio can do so in any season, as the city's privileged location allows it to enjoy a pleasant climate all year round.



Festivity in the main square of Puquio

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The vicuña (vicuña) is a wild camelid Festivity in the main square of Puquio from South America, whose domesticated descendants are the alpaca. It is caramel colored on the back and white on the belly. Its wool is very prized since it is the finest of all camelids. It is a protected animal in Peru that is prohibited from hunting.



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WHAT TO DO IN PUQUIO?

In addition to its historic center, the surrounding area of Puquio is full of natural sites, including thermal baths, waterfalls and various protected reserves. Another beautiful destination to discover off the beaten track.

Here are some recommendations during your stay in Puquio: The thermal waters of Geronta, also known as Qeronta, are a tourist attraction located a few kilometers from Puquio. The place is recommended by locals for its medicinal properties. You can also go to the Tinkua

- thermal baths. The Caniche archaeological complex, also called Ciudadela or Caniche Monument, is located at an altitude of 3,558m. The site is a fine example of pre-Hispanic construction with Wari and Chanca influence.
- The Pampa Galeras Bárbara D'Achille National Reserve is a protected natural area, particularly for the presence of a high density of vicuñas.

Vicuñas in the Pampa Galeras Bárbara de Aquiles Reserve

AREQUIPA

BETWEEN VOLCANOES AND COLONIAL HERITAGE

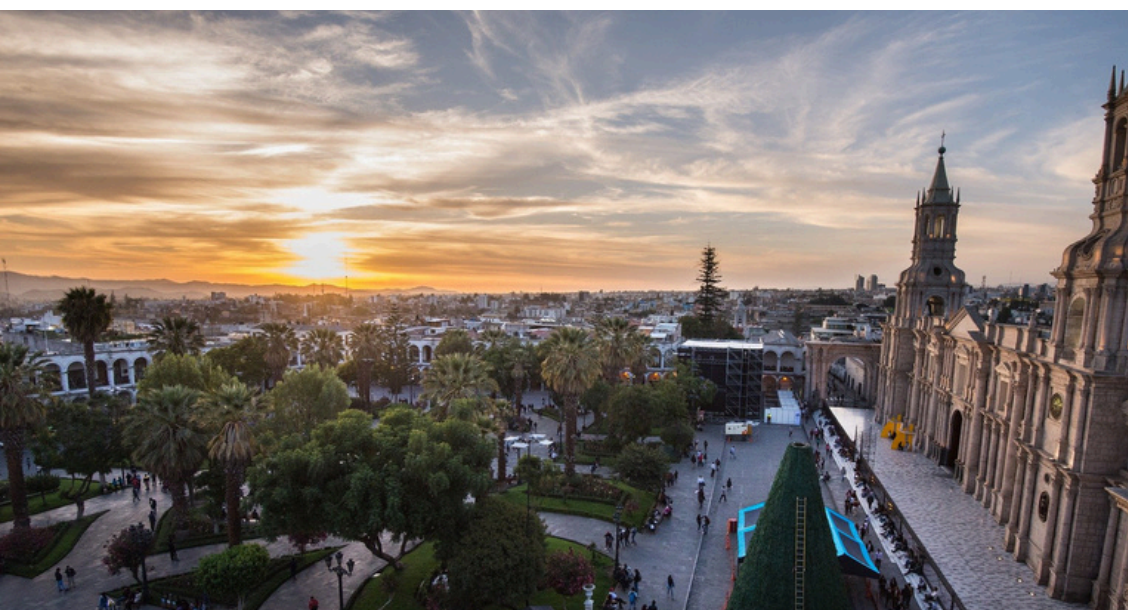


Altitude : 2800 m

Population : 1 million d'habitants

Nicknamed the White City, because it was built in sillar, the white volcanic stone coming from the Misti, which with the Pichu Pichu and the Chachani trace the horizon on the outskirts of the city, Arequipa is a prosperous city, cradle of many Peruvian intellectuals and artists.

In addition to a magnificent colonial center, you will like to visit the Santa Catalina Convent, a real city within the city, witness to a recent past but with very different customs, but also the Andean Sanctuaries Museum, housing the Mummy Juanita. There you will get a little deeper insight into Inca myths and beliefs. If time permits, do not hesitate to explore the Arequeñian countryside, whose colonial buildings recall the sometimes harsh, sometimes epicurean life of the different social classes of the time. A large city, which has preserved its cultural heritage, where it is good to live all year round with a temperate and pleasant climate.



Arequipa, the white city among the volcanoes

CULTURE



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Arequipa is also the ideal city to take a cooking class with a chef!

The mummy Juanita at the Andean anctuary Museum is exhibited for 6 months of the year and the rest of the time studied to further uncover its mysteries. She is replaced by another mummy, named Sari, during her absence.

WHAT TO DO IN AREQUIPA?

A few days in Arequipa allow you to soak up its atmosphere and charm with a strong heritage from the colonial era.

Here are some recommendations:

- Stroll through the city center, passing the Plaza de Armas, its arches and its imposing cathedral built in sillar
- Its San Camilo market to taste local specialties and enjoy the typical atmosphere of the place
- Take the time to visit the Santa Catalina Convent, discover its history and its flamboyant colors
- On the heights of the city there are several viewpoints to admire Arequipa, for example the Yanahuara viewpoint with a spectacular view of the Misti volcano.
- Go to chef Gaston Acurio 's Chicha restaurant for a gastronomic experience



Mummy Juanita in Arequipa

AREQUIPA

COUNTRYSIDES AND SALT FLATS

In addition to its cultural part, the White City is also a good playground for outdoor activities: a mountain bike tour, a horseback ride, rafting on the Rio Chili with a view of the Misti volcanoes and Pichu Pichu. The surrounding landscapes have particular reliefs between high snowcapped peaks of volcanoes and green plains extending for kilometers where llamas and alpacas from the region's communities come. For the more adventurous, it is also possible to climb the Misti and Chachani volcanoes for sensations and strong emotions guaranteed!

Alternative city tours also allow you to visit areas outside the city center, including the Sachaca district and its church, or the Balneario de Tingo and its excellent gastronomy. The opportunity also to pass by the Mansion del Fundador and the Sabandia mill to learn more about wheat treatment and transformation techniques as well as local traditions and customs.



Llamas in the Salinas and Aguada Blanca reserve

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SILLAR ROAD

Less than an hour from road from Arequipa, it is possible to do the sillar route. The sillar is the stone used for the construction of most of the city's buildings. It is a volcanic sediment which gives this white color.

WHAT TO DO AROUND AREQUIPA?

Many activities are offered around Arequipa to discover the countryside and get away from the hustle and bustle of the city:

- The Arequipenian countryside lends itself very well to a mountain bike outing.
- The opportunity also to contemplate the Inca terraces and the picturesque landscapes of the surrounding area.
- For animal lovers, horseback riding is available, allowing you to take the time to discover the surrounding area.
- A rafting activity on the Rio Chile is a fun and memorable way to discover the Arequipa countryside!
- The Salinas y Aguada Blanca National Reserve is a natural wonder where it is possible to observe Andean flamingos, vicuñas and many birds. Several lakes and lagoons are to be discovered, including Laguna Salinas which is a salt lake.



Huge sculptures in Sillar

COLCA CANYON

FLIGHT OVER THE CONDORS



Altitude : depth of 4160m

Population : 8 000 habitants (Chivay)

The Colca Canyon is located in the province of Caylloma – Arequipa, in southern Peru. With a depth of 4160m, it is one of the deepest canyons in the world. It is covered with magnificent pre-Incan terraces used for agriculture.

Peasant communities preserve their ancestral traditions, particularly through their typical clothing. You will also be able to appreciate its flora and its rich fauna, such as the llama, the huanaco, the alpaca, the vicuña or even the condor, lord of the Peruvian sky in danger of extinction.

We strongly recommend a 2 or 3 day stay in the Colca Canyon in order to reach the Sangalle oasis or to discover the rural communities of the area. It is possible to discover the Colca Canyon by vehicle via the condor viewpoint or on foot, via a trek lasting several days.



ADVENTURES



FAMILY



Admire the flight of condors from the viewpoint

De nombreuses routes alternatives sont envisageables dans le canyon de Colca, notamment passer par Canocota ou Sibayo où les communautés seront ravies de vous accueillir !

The condor is the largest raptor and largest bird in the world. To have the best chance of observing it, it is best to go to Colca Canyon early in the morning.

Taking advantage of thermals to rise into the sky, it is more difficult to see it fly when the heat sets in!

MEETING WITH JULIA

Living in Colca in the small village of Canocota, Julia is a bit like the grandmother of us all . It is with great pleasure that we visit her every year with our clients. Like Natividad in Huchuy Qosqo, Pedro and Julia were the first to launch a tourism initiative in Canocota. While her husband Pedro unfortunately left us a few years ago, Julia now holds the reins of her charming little house alone. An excellent cook, Julia also always teaches us the medicinal properties of the different plants in the region during walks together in the fields. Talkative, she also appreciates being able to tell the myths and legends of the area to the people sleeping at her house.



OUR FAVORITE

ASCENSION OF THE CHACHANI

For lovers of wide open spaces and fans of high peaks, we offer climbs such as those of Misti and/or Chachani for a unique and unforgettable experience.

Step by step, with progressive climbs, you first reach the base camp, then the summit of Chachani, at 6057m above sea level, a point from which you can enjoy an incredible panorama of Coropuna, the summit of Ampato, the Hualca Hualca or the still active Sabancaya volcano. You can also contemplate the Misti, the Ubinas and the city of Arequipa.

The ascent lasts on average 6 hours, time which may vary depending on the physical condition of each person. This high mountain activity is subject to daily changes in climatic conditions and is carried out only if all the weather windows are green.



View from Chachani Volcano

AVENTURES



Climbing Chachani requires good physical fitness, although the route will not require any particular technical skills. A medical interview without contraindications is recommended as well as good acclimatization.

Great attention is paid to the choice of guides, equipment and the quality of supervision for ensure you a ascension in the best conditions.

HOW DOES THE ASCENT OF CHACHANI TAKE PLACE?

The first day, transport will meet you at your hotel to take you to Pampa Cañahuas located on the rear part of Chachani (3 hours drive). After a briefing and equipment check, you begin a 2-hour walk to the base camp located at an altitude of 5,200m. The trail is relatively simple for this first day, mostly flat and a few gradual climbs.

The next day, we leave early (around 2 a.m.) for the long climb to the main objective: the summit of Chachani. After a few moments enjoying the incredible panorama of the entire region, it's time to go back down to the base camp, then back to Arequipa.

Climbs are done in small groups to ensure everyone's safety, high mountain equipment and meals are included.

NOR YAUYOS

WATERFALL AND RAIMONDI'S PUYA



Altitude : Between 2500m and 5700m

Population : 27 501 habitants (Yauyos Province)

The Nor Yauyos region is a jewel of Peru that is still little-known and very little touristic because it is not located on the classic travel routes. However, it is a natural wonder well worth discovering. The main attraction of the Nor Yauyos Cochas reserve lies in its magnificent landscapes irrigated with turquoise waters, its beautiful lagoons, its deep canyons, its impressive snow-capped mountains, such as the Pariacaca, and its varied fauna and flora where the forests of queñuales and Puya Raimondi.

The locals offer tourist excursions, notably to the Condor viewpoint, the puya forests and the local rock paintings. Take the time to taste typical dishes such as “crema de haba”, “chupe verde” and “dulce de chapana”.



Nor Yauyos Reserve Waterfall

WHAT TO VISIT IN THE NOR REGION YAUYOS ?

The Nor Yauyos-Cochas reserve, ranging from 2,500m to 5,700m above sea level, was created to preserve these magnificent landscapes crossed by the Cañete River and its small villages, including Huancaya and Vilca.

- The Piquecocha lagoon at 3363m above sea level, is one of the largest in the reserve
- The Carhuayno Falls with their belvedere and the Hualhua lagoon are splendid
- The Bosque del Amor (the forest of love), close to the community of Vilca, represents an ideal option to stop for a typical lunch.
- The archaeological complex of Huamanmarca is a marvel that was built on top of the hill of the same name and offers views of the reserve.

AVENTURES



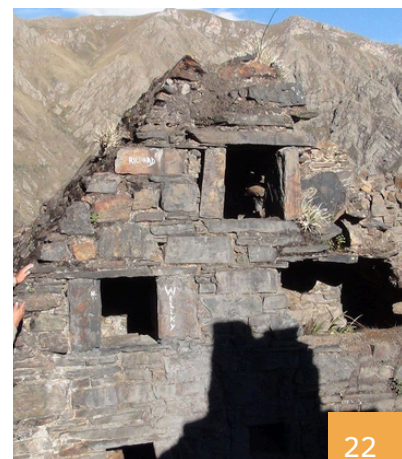
FAMILY



TOURISME
LENT



The destination is popular with Limenians during the public holidays or school holidays. The rest of the time the place is very quiet. The road to get there is winding, it takes 7 hours by car from Lima.



Huamanmarca site

OUR FAVORITE

RESERVA NACIONAL SAN FERNANDO - THE CANYON OF THE LOST

ALTERNATIVE IDEAS FOR THE PACIFIC LAKE

In the region of Ica, Nasca and Arequipa, many ideas for alternative outings are possible, ... as long as you know them! In fact, many of them do not appear in tourist guides, to the great pleasure of those who discover them! Here are two places that we want you to discover: the bay of San Fernando, which has nothing to envy of that of Paracas, and the canyon of los Perdidos, for all lovers of the great outdoors!

HOW TO VISIT THE CANYON OF THE LOST?

The Cañon de los Perdidos, canyon of the “lost” in French, is located in the middle of the desert in one of the largest fossil deposits in the country. It was determined that the canyon was a seabed, whose origin lies between 20 and 30 million years ago, based on the remains found there, including whales, sharks, shells, etc. The largest find corresponds to a whale approximately 30 m long, which has not yet been revealed for fear of predation. It has been proven that almost the entire desert around the Canyon is an area rich in very well preserved fossils. It is located about a two-hour drive from Ica.



View of Los Perdidos Canyon

HOW TO VISIT SAN FERNANDO BAY?

On the Peruvian coast, at Nasca, the San Fernando Reserve is a real paradise for wildlife observation. There are sea lions but also condors! It is one of the few places on the coast where the Guanaco, an Andean camelid, also comes to graze. San Fernando Bay is only accessible by buggy or vehicle.



Rock formations on San Fernando Bay

ALTIPLANO - TITICACA LAKE



BETWEEN THE AYMARA CULTURE AND THE CHANGE OF SCENERY

Located on the highlands (Altiplano) between Peru and Bolivia and culminating at 3825m. altitude, Titicaca is the highest navigable lake in the world. Its particularity does not stop there, far from it! It is also the cradle of many important civilizations, Tiahuanaco, Aymara and also Inca! Its geographical isolation not only gives it splendid landscapes, bordered by the high peaks of the Andes, but also allows it to preserve its authentic cultural traditions.

Titicaca is undoubtedly one of the jewels of the Andes!



DISTANCES

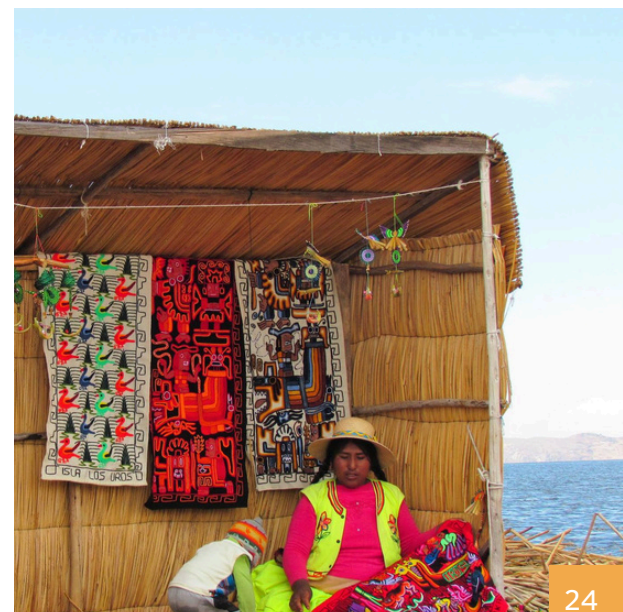
-  Cusco - Puno : 7h
- Cusco - Sillustani : 6h30
- Cusco - Canyon de Tinajani : 4h30
- Puno - Canyon de Tinajani : 2h30
- Puno - Sillustani : 40min
- Puno - Juliaca : 1h
- Puno - Llachon : 1h30
- Puno - Copacabana : 2h20
-  Lima - Juliaca : 1h

AYMARA CULTURE

On the banks of Lake Titicaca, the way of life has still remained very authentic, particularly on the Peruvian part with the Uros, Amantani and Taquile islands. The inhabitants there speak their own language, Aymara which is different from Quechua. The particularity of the Uros is that the inhabitants live on the banks formed with "totora", a very resistant and floating natural material.

They live mainly from tourist activity through the sale of crafts and welcoming travelers for an overnight stay, but also from fishing and trout farming.

Don't miss discovering Lake Titicaca and its inhabitants.



Family living on the island of Uros

LLACHON - PARAMIS

INTENSE BLUE OF TITICACA LAKE



Altitude : 3800 m

Population: 3 670 habitants inhabitants spread across the different islands

Lake Titicaca is a must for your trip to Peru, it is the highest navigable lake in the world, at 3800 m above sea level and with an area of 8372 km². It marks one of the natural borders between Peru and Bolivia.

Lake Titicaca has many islands and peninsulas: Uros and Titinos Islands, Amantani and Taquile Islands, LLachon Peninsula with the communities of Llachon and Paramis, Suasi Private Island for a luxurious lake experience . A stay on Titicaca is the perfect opportunity to discover Aymara culture and the daily life of all the families who live to the rhythm of the lake. Many of them have turned to tourism in order to welcome visitors from around the world and share their traditions.



The Uros Island, with the rooms builded on the "totora"

When you arrive on the Llachon peninsula, many activities will be offered to you:

an introduction to artisanal fishing, a kayak or sailboat ride, a paddle session, a trout tasting, etc.



MEETING WITH RUBEN

On the Llachon peninsula live Ruben and his family, they have turned towards tourism for several years and now offer visitors a night in their house, as well as activities to discover the way of life and the daily life of people living on Lake Titicaca. Ruben is a seasoned fisherman and will be able to introduce you to artisanal fishing and the techniques used on the lake.

In addition to the Llachon peninsula, Ruben is also familiar with the island of Amantani since his wife is from there. He will therefore be able to talk to you with passion about these two places and will pass on to you all his secrets and anecdotes about the lake.

AVENTURES



CULTURE



FAMILY



To visit the lake Titicaca, we recommend alternative routes because it is a place which has been a victim of its own success in recent year.

We therefore offer you other itineraries to get you away from the tourist masses.

PUNO - SILLUSTANI

THE ORIGINS OF THE INCA EMPIRE



Altitude : 3 830m

Population : 128 640 habitants

Puno is the large city located on the banks of Lake Titicaca, from where excursions to the lake depart.

It is also the city which allows you to connect Cusco and/or Chivay by bus or vehicle. Considered a city of passage, Puno is also known as the folk capital of Peru. It is interesting to stop there at least one night to discover the cathedral, the Place d'Armes but also and above all the dances and music typical of the region. If you can't attend the Candelaria festival, we recommend the Puno Coca and Costume Museum to imagine the city's festive atmosphere and learn a little more about local traditions.

Gain some height by going to one of the viewpoints, notably Kuntur Wasi or Puma Uta, which offer a beautiful view of Puno, Lake Titicaca and the surrounding area. You can also go to Cerro Huajsapata, where the monument to Manco Capac, the first Inca emperor, is located.



View of Sillustani and the banks of Lake Titicaca

HOW TO VISIT SILLUSTANI?

Located on the road to the town of Juliaca (from the town of Puno), this cemetery sees its contours adorned with the waters of the Umayo lagoon in which the sky is reflected. On its territory there are almost a hundred mausoleums with an elongated capsular shape, in which the remains of nobles, priests and rulers of the Kolla (mainly), Tiahuanaco and Inca cultures have been found. Additionally, some personal items of the individuals and offerings were also found next to the mummies.

The best way to visit this burial enclosure is with a specialized guide, who will explain the most important details of this archaeological site, where you can also enjoy the site museum and a visit to the village of Atuncolla. Here you will share with local families some of the age-old techniques that are still practiced today and are still very useful.

FAMILY



CULTURE



Puno Festivity: every year at the beginning of February, the Puno Festival takes place. Virgen de la Candelaria de Puno, one of the largest cultural, musical, dancing and religious events in Peru!

The surroundings of the lake Titicaca are just as interesting as the lake itself. During your journey to Lake Titicaca, from Cusco or Arequipa, take the time to stop and visit the different sites that allow you to understand the cultures in a broader sense.

Tiahuanaco and Inca.

CANYON DE TINAJANI

THE DEMON CANYON



Altitude : 3830m

As you may have noticed, there are many canyons in Peru, especially along the Andes Mountains. The Tinajani Canyon on the road from Puno to Cusco is an ideal environment to cut the road into two stages and enjoy a magnificent place, still protected from tourism. It is a perfect place for those who love hiking through breathtaking natural landscapes. On its more than 200 hectares, you will find imposing and gigantic sandstone rock formations that give this space its characteristic reddish color.

These formations are accompanied by the Pacobamba, a river with calm and crystal clear waters which crosses the canyon. The landscapes you will see there will leave you speechless!



CULTURE



AVENTURES



TOURISME
LENT



The route to get from Puno to Cusco, and vice versa, offer many hidden wonders, which local tourist agencies do not offer, due to lack of time.

However, it would be a real shame to miss out on peaceful places that once again demonstrate the beauty and diversity of the Andean landscape.

The Tinajani canyon, between lagoons and rock formations

HOW TO GET TO TINAJANI CANYON?

The Tinajani canyon is located 150 km north of Puno and peaks at 3830m above sea level. To get there, you will have to go to the town of Ayaviri, from where the turnoff to the canyon starts. The journey from Ayaviri to the canyon is only 14 kilometers, which you can cover by transport or on foot, as the flat terrain is perfect for easy hiking. It is possible to combine this visit with that of the village of Lampa, particularly famous for its church, the opportunity to meet the inhabitants and have a typical meal there.

The excursion to the Tinajani canyon is part of the Route du Soleil itinerary, which includes many attractions. Make a stop at Tambo Queque, Raqchi, or Waqra Pukara and Q'eswachaka, before reaching Cusco. This is part of our slow tourism excursion offer to learn more about the Cusco region and take the time to get away from the great classics.

OUR FAVORITE

TITICACA LAKE FROM THE BOLIVIAN SIDE

THE LAKE AS A NATURAL BORDER



Altitude : 3840m

Population : 6 000 habitants (Copacabaca)

Sailing on Lake Titicaca from the Peruvian side and the Bolivian side is surely one of the most beautiful ways to cross the border between the two countries and understand in depth the history of the Lake. When you arrive in Copacabana, you will be charmed by this small port town and its surroundings.

The city's viewpoint at the top of "Calvario" offers you a superb 360° view!

AVENTURES



TOURISME
LENT



View of the Titicaca Lake, Bolivian side and the Cordillera Real in

The “lancha” boats for the Island of the Sun and the Island of Luna have fixed daily departures.

It is important to get good information so as not to miss the shuttle to or from the airport. On the way to Copacabana by land (from the towns of Kasani or Desaguadero), you will be asked to go through the migration services to regularize your arrival in Bolivia.

After visiting Copacabana and the Sun and Moon Islands, you can continue your trip to La Paz or any other city in Bolivia,

WHAT TO DO AT LAKE TITICACA ON THE BOLIVIAN SINDE?

Unlike the Peruvian side, the Bolivian side of Lake Titicaca is much less touristy and more natural. The charm will work; here are some recommendations during your visit to Copacabana and the Sun and Moon Islands:

- Go up to the Copacabana viewpoint, to have a superb view of the bay or the Horca del Inca, then discover the main square and the basilica of Nuestra Señora de Copacabana
- Sleep on the Island of the Sun to enjoy the sunset and sunrise over the Cordillera Real and enjoy the different walks and historical sites in the area.
- Visit Moon Island, after two hours of navigation on the lake, to discover the astonishing temple of Iñakuyu

INCA CRADLE

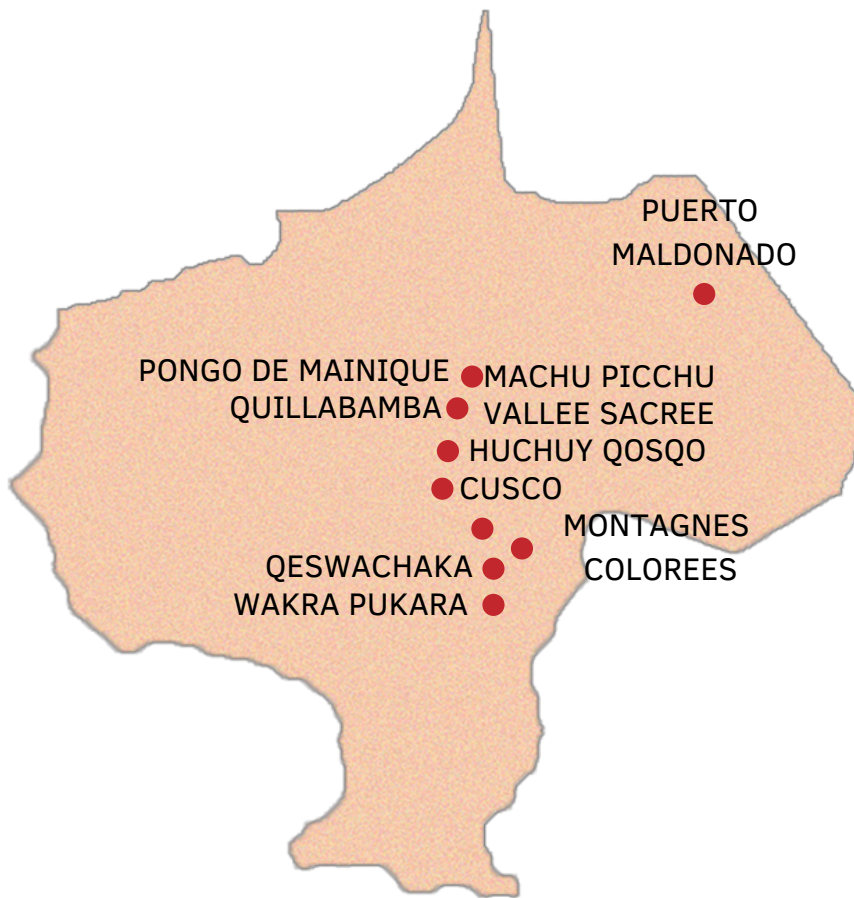
BETWEEN THE ANDES AND THE AMAZON RAINFOREST

The imperial city of Cusco is located in the eponymous region.



Mostly at altitude, this region is divided into 13 provinces, including those of Cusco, La Convencion, Urubamba, Quispicanchi, ...

There are three important rivers: the Apurimac, the Paucartambo and the Urubamba which follows its course to the town of Aguas Calientes, at the foot of Machu Picchu.

The reliefs of the different Cordilleras contrast with the plains and tropical landscapes of the Amazon.



DISTANCES

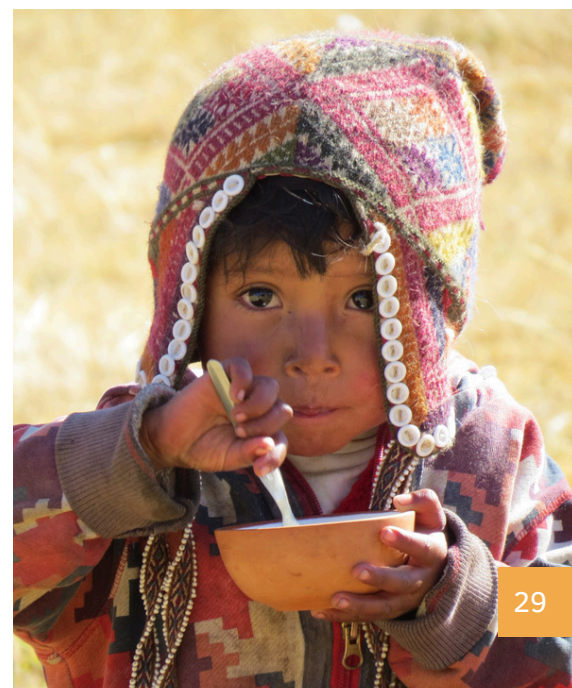
	Cusco - Chinchero: 1h
	Cusco - Ollantaytambo: 1h30
	Cusco - Quillabamba: 5h
	Cusco - Puno: 9h
	Cusco - Puerto Maldonado : 10h
	Cusco - Palcoyo : 3h
	Cusco - Waqra Pukara: 3h
	Cusco - Qeswachaka: 4h
	Lima - Cusco: 1h15
	Cusco - Arequipa: 1h
	Cusco - Puerto Maldonado: 1h20

ANDEAN GASTRONOMY

Peruvian cuisine rhymes with diversity and mixtures of flavors between Inca and Spanish heritage:

- Lomo saltado is a classic of Peruvian cuisine, served with alpaca or beef meat.
- Chiriuchu is a typical dish of the Corpus Cristi festival;
- cuy al horno, baked guinea pig which is a very appreciated in Peru!

Hundreds of varieties of potatoes, corn and quinoa are found in the region. Going down towards Quillabamba, you will also find exotic fruits as well as cocoa and coffee.



CUSCO

IN THE HEART OF INCA'S EMPIRE



Altitude : 3400 m

Population : 430 000 habitants

Capital of the Inca Empire, Capital of the Inca Empire, Cusco or Qosqo in Quechua (meaning navel of the world), is a real open-air museum! Home to numerous Inca temples and colonial residences, you will love strolling through the alleys of the historic center, where you will marvel at every street corner! The Inca walls and the richness of the colonial heritage in particular will surprise you. If possible, plan for one or two free days!

The climate is pleasant during the day, but in the evening you will be happy to have a little fleece. If temperatures are fairly constant throughout the year, temporary showers are expected from December to April.



CULTURE



FAMILY



Cusco is known for its festive side, so you might as well take advantage of it!

May - June: Holy Week

June 9: Corpus Cristi

June 24: Inti Raymi, the festival of the Sun.

Not to be missed!

The Plaza das Armas in Cusco, during Inti Raymi

WHAT TO DO IN CUSCO?

GASTRONOMY

- Pachapapa, for its typical dishes revisited in an old colonial hacienda Mama Seledonia, for its delicious dishes and warm welcome Capuccino, for a good coffee with a view of the Plaza de Armas!

THE UNMISSABLE IN THE CITY

- San Blas district, for its bohemian side and its quiet streets, ideal for eating and strolling!
- San Pedro Market, the local market for crafts, fruits and vegetables.
- Heights of the city with the 4 ruins, but also the Temple of the Moon, Inkiltambo...
- Plaza de Armas is the heart of Cusco, you can't miss it... worth visiting with its cathedral. The entire city center is secure, you will have no problem walking around, day or night.

During your trip to Peru, we recommend spending several days in Cusco. This city has a good hotel offer as well as a wide variety of restaurants, bars and cafes!

CITY HEIGHTS

VIEWPOINTS AND TRAILS AROUND



Altitude : 3400 m

The city of Cusco is also very pleasant for extending your stay.

Many ruins are located on the heights, including the famous ruins of Sacsayhuaman. The parallel valleys offer an incredible number of day walks, with little-known ancient sites, living villages, intact nature and joyful and informative encounters. On foot, by bike, on horseback, etc., there is no shortage of options to encourage you to extend your stay!

All mountain activities are possible here, including climbing or paragliding!



The ruins of Inkilltambo, on the heights of the city

CULTURE



FAMILY



During your walks in the heights of Cusco, don't hesitate to take a bottle of water and some snacks because there are few shops. A hat and sunscreen are also recommended as the Andean sun can be strong!



MEETING WITH AQUINO

A qualified Quechua tourism guide, speaking Spanish, French and English, specializing in cultural tourism, Aquino has been practicing his profession with enthusiasm for 15 years.

Passionate about Quechua traditions and medicinal fauna and flora, among other things, he appreciates being able to share his knowledge with visitors.

Yachai, munay, llancay! Learn, love and work!

This is the Inca motto that he likes to practice. Aquino is a friend you will not forget. He will know how to lead you through the alleys of the historic center as well as on all the hiking trails, each time with anecdotes that are as interesting as they are amusing!

Ask him to teach you a few words of Quechua and you will immediately win his affection!

SACRED VALLEY

FOLLOWING THE STEPS OF THE INCAS



Altitude : between 2300m and 4400m

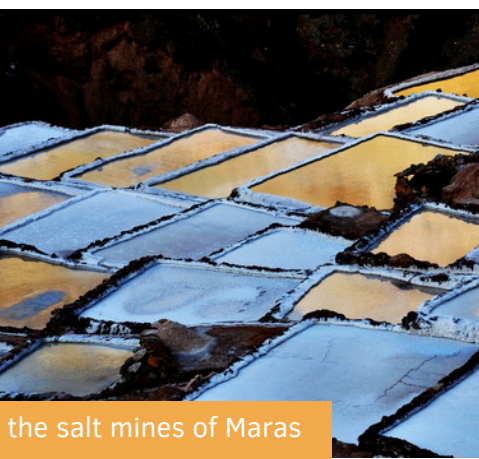
Population : Population: approximately 56,685 inhabitants (majority in Urubamba)

Located very close to Cusco and peaking on average at an altitude of 2800m, the Sacred Valley of the Incas is commonly presented as a 100km strip running from Pisac to Machu Picchu and following the course of the Urubamba River.

This space appreciated at the time by the Incas for its fertility has been very well preserved.

Today you will still find many communities dating from the Inca era, speaking Quechua and living mainly from agriculture and livestock. You can visit them and share their daily lives via the many homestays that we offer during our treks and visits to the Sacred Valley.

If the Sacred Valley as a whole is not protected by UNESCO, the Inca and pre-Inca sites constituting it are. You will live a superb experience in the heart of splendid settings between history, culture, archaeological remains and breathtaking natural panoramas.



the salt mines of Maras

ARCHAEOLOGICAL SITES PRINCIPALS OF THE VALLEY SACRED

- Chinchero terraces
- Inca laboratory of Moray
- Maras salt pans
- Archaeological complex of Pisac
- Ollantaytambo Fortress

The visit to the Sacred Valley can be done via the Chinchero road, or via the other side of the valley via the Pisac site. Both paths lead to the city from Ollantaytambo, to take the train to Machu Picchu.

SACRED VALLE

THE CALL OF NATURE



Altitude : between 2300m and 4400m

The Sacred Valley is particularly suitable for outdoor activities, with friends, with family, for a day or several days. The region offers a multitude of treks and hikes for all levels and audiences. For several years we have been traveling through the Cusco region and all the alternative trails that allow you to live unique experiences.

Leaving from Cusco, you have the possibility of doing the Huchuy Qosqo trek from Tauca or Tambomachay. An adventure to share with the family to discover the archaeological site and live a community tourism experience with a local family. On the road to Pachar, take the time to visit the Perolnuyoc waterfall or that of Arin, the archaeological site of W'ata and a thousand others! Leaving from Ollantaytambo, you also have the opportunity to go up to Inti Punku, the Gate of the Sun in Quechua, to enjoy a sublime view of the Valley and the local sacred mountain: Apu Veronica.



Inti Punku, the Sun Gate with the view of Apu Veronica

FAMILY



AVENTURES



CULTURE



The Sacred Valley is known for its gentle way of life and its more temperate climate than Cusco.

A large range of lodges and hotels with gardens or outdoor space allows you to fully enjoy the place.

We advise you to book several days in the in the valley Sacred of and dedicate one or two visits to archaeological sites per day maximum so as not to race against time.

WHAT TO DO IN THE SACRED VALLEY?

The Sacred Valley is the ideal playground for all kinds of sports and nature activities. Here are some ideas for outings for your stay there:

- Take a mountain bike descent between the sites of Maras and Moray, after a visit to the archaeological site of Chinchero
- Take a rafting trip on the Urubamba River
- Enjoy a climbing activity on the cliff walls near Ollantaytambo
- Visit Andean communities and share a night with locals, in Huchuy Qosqo, Patacancha or even Chichero.
- Organize a horseback ride, for a day or several, off the beaten track
- Sleeping in a lodge, the hotel industry in the Sacred Valley offers establishments with large spaces to rest and enjoy the environment

HUCHUY QOSQO

THE "SMALL CUSCO"



Altitude : 3650 m

Population : 70 families spread across the community of Huchuy Qosqo

On the Chinchero highlands is the archaeological site of Huchuy Qosqo, located at an altitude of 3,650m and overlooking the Sacred Valley and the town of Lamay. Starting from Tauca with the lagoon circuit route, or from Cusco via the Tambomachay site, this experience allows you a real immersion in the Andes, just a few kilometers from Cusco. It's an original way to start your visit to the Sacred Valley and introduce you to walking.

Can be done in 2 or 3 days, this trek takes you through lagoons, llama and alpaca pastures, a superb little canyon and large plains. From this place you have a magnificent view, where you can appreciate the incomparable beauty of the eternal snow mountains of Pitusiray and Sahuasiray on the other side of the valley.



View of the Huchuy Qosqo site

FAMILY



CULTURE



A trek to do in family since it does not present any particular difficulties and allows you to meet communities, cross the Andean landscapes and also explore one of the most beautiful Inca ruins in the Cusco region!

This trek can also be combined with a walk from Chinchero to Urquillos.



MEETING WITH NATIVIDAD

Receiving tourists on the Huchuy Qosqo trek, Natividad was one of the first to develop a community tourism initiative near the Little Cusco archaeological complex in the Sacred Valley. While her husband Silverio is often in the fields, it is she who has been welcoming and pampering our groups for years in her colorful house. An excellent cook, Natividad always prepares pleasant little dishes for us when we arrive at her home. Smiling and dynamic, she also likes to sing and dance in the company of her guests.

MACHU PICCHU

WONDER OF PERU AND THE WORLD



Altitude : 2700 m

Population : 4 530 habitants (living in Aguas calientes)

Machu Picchu, of course! The best known of the Inca citadels and also the most impressive, it means “the old mountain” in Quechua. The archaeological site has been included on the UNESCO list since 1983.

To get there, we offer several options, in order to avoid the flow of travelers going there as much as possible. It is important to be well informed about the route imposed on the site, in order to best inform future travelers. Indeed, access to the ruins, located approximately 100km from Cusco, requires several stages and types of transport. Reservations must also be sufficiently anticipated, as the different types of entries are subject to daily quotas.

Be careful not to confuse the town of Aguas Calientes and the Machu Picchu Sanctuary, located 25 minutes by bus (not counting the wait at departure) or 1 hour to 1 hour 30 minutes on foot from it.



CULTURE



FAMILY



We know that the Machu Picchu is a essential for anyone traveling for the first time to Peru and we pay great attention particular to the quality and smooth running of this visit.

Machu Picchu, one of the 7 wonders of the world

HOW TO GET TO MACHU PICCHU?

To get there, several options are possible,

- By train (with Peru Rail or Inca Rail), from Ollantaytambo. This 1h30 journey, through magnificent landscapes, takes you to the Aguas Calientes station On foot, via the Inca
- Trail trek, in 2 or 4 days passing through the Gate of the Sun and arriving directly on the site.
- By going around Santa Maria at the gates of the Amazon (bus and train or walk)

HOW DIFFERENTLY VISIT MACHU PICCHU?

Machu Picchu has so much to offer that several visits to the site would be necessary to discover all the details. For those most interested, allow 2 days, with 2 daily entries.

Alternatives also allow you to move away from the traditional circuit:

- La Montaña, between 2 and 3 hours for the roundtrip, offers a different view of the citadel.
- Huayna Picchu, between 1h30 and 2h for the round trip, is steeper (not suitable for people suffering from vertigo). Both climbs require good physical condition.

WAQRA PUKARA

LITTLE-KNOWN INCA JEWEL



Altitude : 4140m

The South Valley or the Sun Road, between Cusco and Lake Titicaca are full of places of interest. These are still relatively little known to tourists because they require more time to discover them. Indeed, it is recommended to add one or more days to the program in order to fully enjoy these places, which include the Waqra Pukara archaeological complex.

This excursion allows you to hike in the heart of the most beautiful landscapes bordering the Apurimac canyon and spend a night in a tent, at the foot of the site. The sunrise and sunset on the site offered by the place and its surroundings are incomparable.

This still little-known route is part of our slow tourism approach !



The horns of the Waqra Pukara site

AVENTURES



TOURISME
LENT



It is possible to visit Waqra Pukara in a day or two, as well as combining this excursion with a visit to the colorful mountains of Vinicunca or Palcoyo, or the Inca bridge of Q'eswachaka, for an even more complete experience on the Route du Soleil leading to the Titicaca!



On the way to Waqra Pukara, you will have the opportunity to pass by numerous lagoons and probably see vicuñas in the distance!

MEETING WITH JHON

A long-time partner and friend of the Pasion Andina agency, Jhon is a driver, guide and cook in his spare time! Friendly, smiling, punctual and careful, working with Jhon allows us to guarantee you quality service. A trusted driver who will make you love every kilometer traveled in his company and will help you discover the landscapes of Peru like no other. A native of the Cusco region, he knows all the roads by heart and never tires of passing on his passion for his region and helping you in any situation.

COLORFUL MOUNTAINS

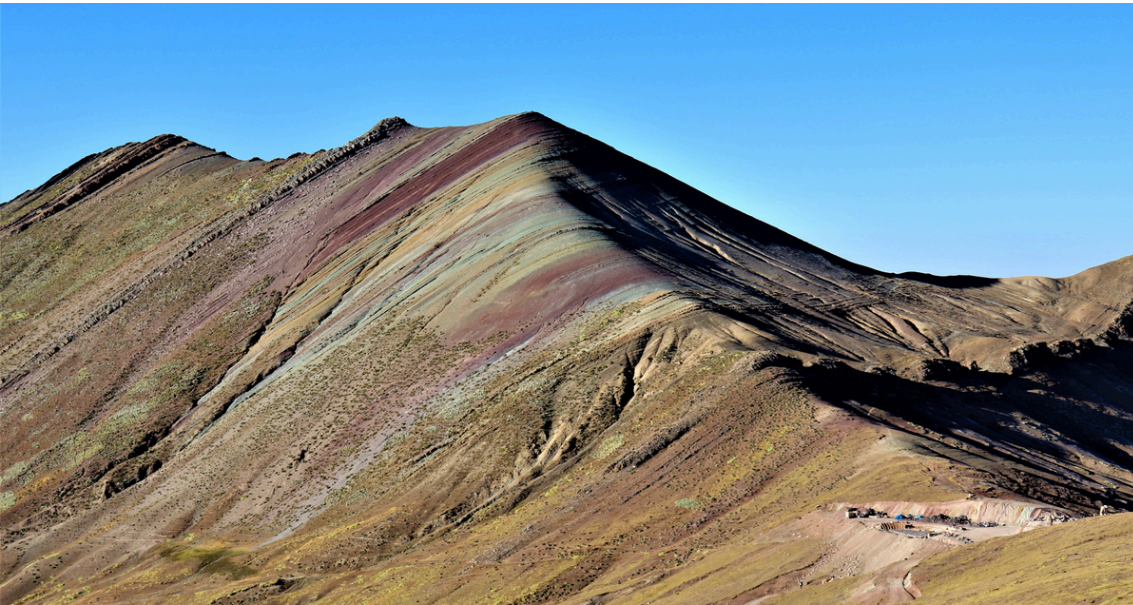
COLORFUL SEDIMENTS AT OVER 5000M



Altitude: 5035m for Vinicunca and 4900m for Palcoyo

Due to climate change and erosion, today colorful mountains can be seen in the southern part of Cusco towards Lake Titicaca. Becoming famous in particular on social networks, the Mountain of 7 Colors or Rainbow Mountain, from “Vinicunca” in Quechua is located at 5035m above sea level. The popularity is such that the mountain has become the second most visited site in Peru (after Machu Picchu).

The viewpoint at its summit allows you to appreciate a panorama of a thousand colors, hence its name. The mountain is followed by a valley with reddish hues that can be discovered on the way back. In the same Cordillera Vilcanota is located the Palcoyo mountain, which also has the same characteristics. Much less known, the latter at 4900m is a real pleasure for the eyes, in complete tranquility.



Our preference for Palcoyo and its 360° view

AVENTURES



The colorful mountains being located high in altitude, it is necessary to have taken the time to be well acclimatized before setting out to conquer them. During excursions, our guides and drivers are always equipped with an oxygen tank and a first aid kit.

The visits of Vinicunca or Palcoyo can also be combined with an excursion to the Inca bridge of Q'eswachaka or with a night with a local in the community of Raqchi.

HOW TO GET TO RAINBOW MOUNTAIN?

From Cusco, you have to go to the village at the foot of the mountain of 7 colors, go up for about 2 hours on foot to the viewpoint then go back down the same way, or go through the red valley (a supplement will be requested by the community) until finding the vehicle.

HOW TO GET TO PALCOYO?

When leaving Cusco, you have to take transport for the 3 hour drive. We much prefer the Palcoyo option for its quiet and equally spectacular side. Once we arrive in Palcoyo, the show doesn't stop there. At the top of the third viewpoint is the "stone forest", large rock formations. It is also possible to continue the visit with a hike of around 3 hours to the Ananiso Canyon, facing the Ausangate mountain! After a picnic, don't hesitate to take a walk in the canyon and discover the cave paintings of the place.

TREKS IN THE REGION OF CUSCO

NATURAL OPTIONS TO DISCOVER ANDEAN LANDSCAPES



Altitude : between 2800 m and 5200m, depending on the trek passes

Throughout the Andes Mountains in the Cusco region, there are countless hiking trails. Another way to discover the Andes, in nature and enjoying the open air. Step by step, discover the snow-capped mountains, lagoons, communities and their animals, at your own pace!

AVENTURES



TOURISME
LENT



Lagoon at the foot of Ausangate

AUSANGATE TREK

The Ausangate mountain is the highest in the Cordillera Vilcanota, in fact the Apu Ausangate peaks at 6,372m above sea level, it is nicknamed the "creator of waters" for its large quantity of water contained in these lagoons and glacial tongues.

In summer, it is also visible from Cusco! In 4 or 6 days, this trek allows you to truly immerse yourself in one of the most beautiful mountain ranges in Peru, at more than 5000m.

SALKANTAY TREK

The Salkantay trek is a great alternative to the Inca Trail trek, since it also leads to Machu Picchu.

Passing through the Humantay lagoon, you walk towards the east face of Salkantay until you arrive in the lush vegetation of the Inca citadel.



Path on the Salkantay trek

Do not hesitate to check our blog to build your own trek according to your desires. We will be happy to provide you with more information and advise you as best we can.

THE INCA TRAIL

GO BY WALKING TO MACHUPICCHU



Altitude : Altitude : between 2800m and 4200m, at the highest pass

The Inca Trail trek has been legendary since the trail was listed as a UNESCO World Heritage Site, making it one of the most supervised hiking trails: you must be accompanied by a guide throughout the trek. your walk, the camp sites are regulated but this also makes it one of the most preserved paths!

Its beauty lies in the diversity of landscapes and its multitude of archaeological sites that are found along the way, and of course its royal arrival at Machu Picchu through the Gate of the Sun.

It is possible to complete the Inca Trail in 4 days or 2 days. The short version can be combined with the Lares or Salkantay trek in order to have several days of walking and a unique experience. In Peru, all roads lead to Machu Picchu!



Arrival at Machu Picchu via the Sun Gate

AVENTURES



CULTURE



The Inca Trail trek is protected by UNESCO, the campsites and the rules to follow along the route are strict in order to protect the path. The trail is also closed throughout the month of February.

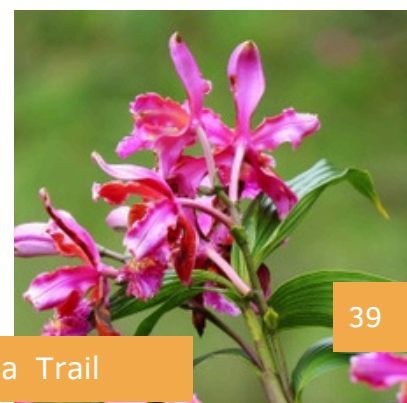
Entries are also subject to quotas, it is important to plan the Inca trek in advance in order to make the most of it.

HOW TO DO THE INCA TRAIL?

The Inca Trail is a mix of incredible landscapes, climates and archaeological sites, making it one of the most beautiful treks in the world. It is a moderate level, without very difficult passages but with high altitude passes, which requires a certain acclimatization and physical fitness to undertake it.

As mentioned above, the trek must be done with an official guide, and it is therefore not possible to do it independently. It is therefore recommended to go through a travel agency, tour operator, in order to ensure availability as well as the logistics of the trek.

During the 4 days of treks, you will pass through different climates and landscapes, and visit many other archaeological sites, including: Llactapata, Runkurakay, the ruins of Sayacmarca before reaching Machu Picchu. The Machu Picchu National Sanctuary is also known for its concentration of plants and especially orchids that you will not fail to appreciate.



Orchids on the Inca Trail

LARES

IN THE HEART OF LLAMA PASTURES



Altitude : between 3100m and 4400m depending on the passes

Population : 25 700 habitants (Lares)

The Lares trek is a very beautiful way to discover the Urubamba Cordillera. The route takes you through numerous llama pastures and scattered Andean dwellings with the chance to meet the locals.

The level of the trek is moderate. After passing the Col de Sacsayllame (4400m), the path goes back down without difficulty. Walking times per day do not exceed 4 hours. It is a trek that is recommended for its diversity of landscapes, the meeting with the locals and the thermal baths of Lares, very relaxing after a day of walking. There are numerous lagoons to discover, all while following the tracks made by llama breeders and their animals. Depending on your time available, it is possible to organize this trek in three days or more and adjust the itinerary according to your wishes and desires.



Lagoon on the Lares road

FAMILLE



AVENTURES



There are many alternative routes in the Cordillera Urubamaba, notably the village of Yanahuara, the lagoon of Millpu, as well as the community of Concani and Cancha Cancha to create trekking routes on measure.

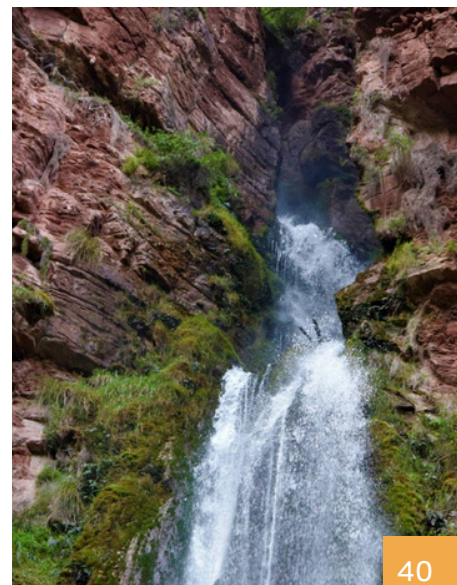
HOW TO DO THE LARES TREK

From Cusco, you have to take a vehicle to the village of Calca then to Lares. for 3 hours On the road, don't miss a stop at the archaeological site of Ancasmарca, which brings together more than 300 colcas, food warehouses overlooking the valley.

Once you arrive in Lares, enjoy the thermal baths and from there your journey begins on foot, crossing the plains and communities.

EXTENSION TOWARDS THE PEROLNIYOC WATERFALL AND INTI PUNKU

For those who want to prolong the pleasure, we suggest combining the Lares trek with an extension to the Perolniyoc waterfall and a two-day walk to Inti Punku, the Gate of the Sun, for an even more complete experience!



Perolniyoc Waterfall

Q'ESWACHAKA - CHECACUPE

BRIDGE, LEGACIES OF TIME



Altitude : 3700m

Population : 2580 habitants (in the district of Quehue)

On the Apurímac River in the Cusco region, at 3,700m above sea level, you can appreciate an important Inca heritage that remains intact after more than six centuries. This is the Q'eswachaka bridge, a spectacular 30-meterlong work of art, made of straw and stone, preserved to this day and which was recognized in 2013 as intangible cultural heritage by UNESCO.

Every year, the bridge undergoes a complete renovation. Villagers gather to demolish the bridge built a year ago, causing its foundations to fall into the river. Immediately, women and children collect the qoya-ichu or straw material which will be used to make the foundations of the new bridge. Every year, a festival organized in June highlights this ancestral technique.



Q'eswachaka, the last Inca point

AVENTURES



TOURISME
LENT



CULTURE



FAMILY



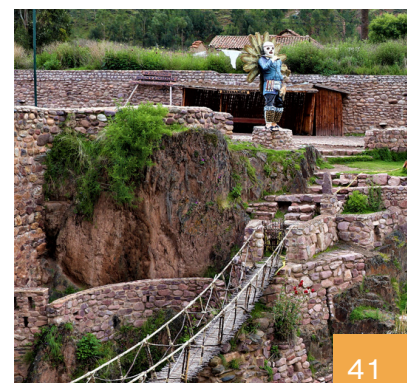
Celebration of the renovation of the bridge Q'eswachaka: first week of June

The visit of Q'eswachaka combines very well with a visit to Raqchi, from Wakra Pukara or even in a program that allows you to spend several days in the South Valley.

HOW TO GET TO THE Q'ESWACHAKA BRIDGE?

Although the place is now internationally recognized, the village is not so visited due to its location, but the landscape is worth the detour and we invite you to discover one of the last legacies of Inca culture. Renewal and collective work are a constant of the Andean cosmovision. Just as harvest follows sowing and shearing follows sheep, some architectural works must be replaced by others. For travel time, it is best to spend a night in the Quehe community.

In the region there are also other bridges, you can continue the road towards the colonial bridge of Checacupe, witness to part of the history of Peru.



Checacupe Colonial Bridge

THE PONGO OF MAINIQUE

THE DOORS OF THE AMAZON



Altitude : 400m above

Population : native communities live on the Pongo (Timpia, Sababantiari, Poyentimari, Matoriato, Yoquiri)

Located a few hours by road, then by boat, the Pongo de Mainique is located in the protected natural park of Megantoni. The Pongo is an immense canyon, a break in the Cordillera de Vilcabamba, from which the Urubamba River flows to form the Amazon. Over a length of 3.6km, a sublime spectacle of waterfalls and rock formations awaits you.

By boat or on foot during a hike, it is possible to see the natural formations of Pongo. The Pongo de Mainique is nicknamed the “gates to the Amazon”, and indeed, a truly new world opens up to you!

Around this attraction, it is possible to do activities such as hiking to the viewpoint, an introduction to artisanal fishing, rafting in river rapids, visiting native communities, bathing in side rivers, etc.



Waterfalls at Pongo de Mainique

HOW TO VISIT THE PONGO OF MAINIQUE?

We recommend visiting Pongo de Mainique for people who want a slightly more adventurous experience. Indeed, this place still remains preserved and with little infrastructure, which makes it both difficult to access and a little more rustic. Comfort remains basic with tent accommodation and little access to toilets, but it is this environment preserved from any hotel structure which makes it so charming!

In return for this little comfort, nature and virgin forest are offered to you with raw landscapes and extraordinary biodiversity. The SERNANP organization, linked to the Ministry of the Environment of Peru, is also responsible for preserving, protecting and developing this place.

AVENTURES



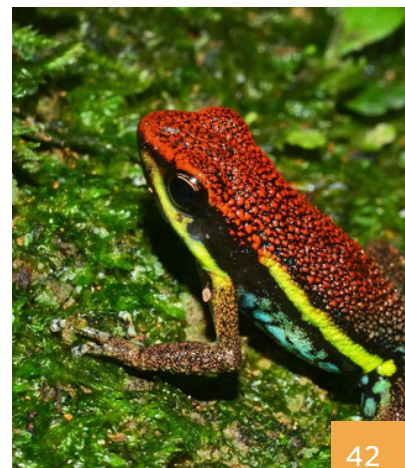
TOURISME
LENT



FAMILY



This place is accessible from May to October during the dry season. In fact the rest of the year, the river is too high and with too strong a current to offer an excursion to Pongo de Mainique.



Frog in Megantoni Park

PUERTO MALDONADO

AT THE GATES OF THE AMAZON



Altitude : 183m, at the level of the Madre de Dios river

Population : 85 030 habitants

The Madre de Dios department is one of the 24 regions of Peru located in the heart of the Amazon. It has the same name as the Madre de Dios river which crosses the territory. The most important town is Puerto Maldonado. The region is suitable for tourism with numerous lodges allowing visitors to discover the fauna and flora of the Amazon rainforest through numerous activities. The climate is tropical with a rainy season from December to March and offers one of the greatest diversity in the world.

The locals live mainly from tourism, mining and agriculture, particularly coffee, cocoa, and Brazil nuts. The wide range of lodges and hotels in the Tambopata reserve will please all audiences.



The mirror waters of the Amazon

AVENTURES



FAMILY



The town of Puerto Maldonado is located 10 hours drive from Cusco, or 1.5 hours flight. Depending on the position of your lodge, some more boat time will be necessary to reach it. We advise you to travel there with a hiking backpack in order to facilitate transfers.

WHAT TO DO IN PUERTO MALDONADO?

Due to the travel time, we recommend at least 3 days on site in order to make the most of the activities.

The programs vary depending on the lodges' offerings but there are always the following options:

- Sail on Lake Sandoval to observe giant otters, other birds and reptiles
- Night walk to observe nocturnal animals, such as caimans
- Observation of parrots and macaws on the clay cliff
- Tasting of Amazon rainforest cuisine, including pacu (river fish) accompanied by cassava
- Introduction to forest plants and trees and walk with expert guides from the Amazon

In the Madre de Dios region there are two main parks and reserves: the Tambopata Reserve and

the Manu National Park. Both are protected by the Ministry of the Environment and are subject of study for science and the protection of biodiversity.

MANU PARK

BETWEEN BIODIVERSITY AND INDIGENOUS COMMUNITIES.



Altitude : 300m at the level of the Manú River

Population : approximately 2,203 inhabitants distributed among the different communities

Located between the Manu national park, whose 1.8 million hectares have been protected and classified as a UNESCO world heritage site since 1977. This region allows you total immersion and disconnection, you will discover and discover a small part of the 60% of forest that covers Peru. The park is also classified as an Important Bird Area.

We are also talking about the Manú Park biosphere which is divided into three zones: the national park covered with primary forest, the zone reserved for the protection of indigenous populations and a cultural transition zone devoted to research and tourist activity. We mainly observe birds, such as macaws, tapirs and giant otters.



Birds in Manú Park



In order to organize your stay in the Manu park, please contact with anticipation. The place is protected and subject to strict quotas and regulations. Departures are fixed in order to protect the rich biodiversity.

HOW TO VISIT MANÚ PARK?

The visit to Manú Park offers a more scientific perspective than other places in the Amazon. In fact, Manu Park remains with limited access to tourism with the aim of keeping it as Peru's laboratory and observatory for research on biodiversity and the environment.

Several "salt pans" of clay cliffs rich in natural minerals are present in the area, and attract thousands of parrots and macaws. Many land mammals live in this park, including black monkeys and with a little luck, you will be able to observe the emperor tamarin with its surprising whiskers! The Pusharo petroglyphs were discovered, a set of motifs engraved in rock walls with figures of snakes, felines and astronomical motifs.



Clay cliff on which the Macaws rest

OUR FAVORITE

QUILLAMBAMBA

LAST EASTERN SLOPE OF THE ANDES



Altitude : 1700 m

Population : 30 000 habitants

Located in the departments of La Convencion, the destination of Quillabamba is located a 5-hour drive from Cusco. This region is not yet very touristy and allows a quiet and natural stay, as well as discovering another of Peru's riches: the production of coffee and cocoa. This region is part of our slow tourism approach in order to spend more time in the Cusco region by limiting long journeys and discovering all its facets.



Woman harvesting coffee

AVENTURES



TOURISME
LENT



FAMILY



After your visit to Machu Picchu, it is possible to return to the village of Santa Teresa, then head towards Quillabamba for a soothing stay in nature, without returning directly to Cusco.

WHAT TO VISIT IN QUILLABAMBA?

Due to the travel time, we recommend 3 days on site in order to make the most of the activities and the environment.

- The coffee, cocoa and tea plantations near Quillabamba and Huyro
- The observation of the gallitos de las rocas (the cock of the rock) in Tunkimayo The waterfalls of Illapani, Yanay, siete Tinajas etc. a multitude of waterfalls to discover!

OUR FAVORITE ACCOMMODATION

The Palili country house is a welcoming, family-friendly place a few kilometers from Quillabamba.

Surrounded by coffee plantations and fruit trees, this place will charm you!



CENTRAL ANDES

BETWEEN VAST SPACES AND WARI CULTURE

The Central Andes is one of the least touristy parts of Peru and yet just as interesting.

Indeed, many natural and cultural jewels are hidden, particularly from the Wari culture. Don't miss visiting the towns of Ayacucho, Huancayo, Andahuaylas or Abancay and discovering the surroundings of these towns in the central Andes.

The landscapes on the road to get there from the Cusco or Lima region are particularly remarkable for their beauty and diversity: large green plains, lagoons, more rocky peaks! It's a pleasure to do these kilometers to admire the passing landscapes.



DISTANCES



Lima - Ayacucho : 12h

Lima - Huancayo : 7h

Lima - Andahuaylas :
13h30

Lima - Abancay : 15h30

Cusco - Ayacucho : 12h

Cusco - Huancayo : 18h

Cusco - Abancay : 4h30

Cusco - Choquequirao :
4h

WARI CULTURE

The Wari or Huari culture is one of the most important pre-Columbian civilizations in Peru. We can notice that this culture is present both in the North of the country, in the towns of Lambayeque and Cajamarca, and in the South. It is in Ayacucho that this culture is most marked, particularly with the presence of large adobe archaeological sites. The Incas would probably have been inspired by the construction techniques and the communication system of the Waris in order to in turn build imperial cities and defend the accesses.

In the Cusco region, we also recommend the archaeological site of Pikillacta, located a few kilometers away.



Textile with motifs from Wari culture

AYACUCHO

CITY OF THE VIRACOCHA INCA



Altitude : 2 745m

Population : 180 770 habitants

Perched in the heart of the Western Andes and bordered by the Mantaro, Pampas and Apurímac rivers, the city of Ayacucho and its province of Huamanga (former name of the city) never cease to surprise you! It's difficult to find a region in Peru with so much history with a capital "H".

During your stay in the city of 37 churches, you can immerse yourself in the past of the Central Andes and go back 15,000 years by discovering the Pikimachay cave. You will also learn a little more about the cultural heritage of the Wari civilization and realize that the history of Peru includes much more than just the Inca heritage.



Festivities in the main square of Ayacucho

CULTURE



AVENTURES



FAMILY



TOURISME
LENT



The landscapes of the region are just as incredible and impressive! You will never want to leave the swimming pools of Millpu, the Bosque de Puyas Raimondi or the waterfalls of Pumapaqcha, atan and Qorimaqma.

WHAT TO DO IN AYACUCHO?

First go to the Quinoa pampas, scene of the battle of Ayacucho which constituted the last confrontation for the independence of Latin America.

Then visiting the Museo de la Memoria dedicated to the Shining Path and one of the darkest periods in Peruvian history.

The archaeological site of Vilcashuaman is located at 3,600 m above sea level and 115 km from Ayacucho. It was an important administrative and religious center, the place stands out for its imposing stones as well as the Ushno, which is the example of an Inca pyramid.



View of the Vilcashuaman site

HUANCAYO

IN THE MIDDLE OF MANTARO VALLEY



Altitude : 3 270m

Population : 545 615 habitants

The city of Huancayo considers itself the heir of the Huancas people before the Inca civilization and the arrival of the Spaniards. It is located in the heart of the Mantaro valley, famous in Peru for its very refined typical craftsmanship. Huancayo is connected to the port of Callao on the Pacific and to the capital Lima by the railway network where the "cloud train" passes. Taking this train to the terminus you arrive at Huancayo and from there you can start your trip to the central Andes with Ayacucho, Huancavelica etc. heading north or south.

The Huancayo region is very little touristy but contains cultural and natural wonders, the opportunity to learn more about the Huancas culture and discover its crafts, the Mantaro valley or the Torre Torre park.



Plains of the Huancayo region

CULTURE



AVENTURES



FAMILY



TOURISME
LENT



Burilados are calabashes or gourds decorated in an artisanal way with a technique called burilado (the instrument called buril), which are made in the Mantaro Valley, a typical souvenir!

WHAT TO DO IN HUANCAYO?

In the city of Huancayo, you can stroll through different cultural and natural sites. Here are some recommendations for your stay in the Central Andes:

- Visit the Parque de la Identidad Huanca, the Huanca identity park, which has vast green spaces, works made of pebbles, marble, moss stone, slabs and quartz typical of the Huanca culture
- Stroll around the Plaza de la Constitucion and the main square of Huancayo with its basilica

Take an excursion to the Torre Torre valley, to discover its rock formations, at 1500m. These are towers of clayey earth formed by the erosive action of wind and rain, also called "fairy chimneys", which in some cases reach a height of more than 30m. A lunar landscape not to be missed!



ANDAHUAYLAS

“THE MEADOW OF COLORFUL CLOUDS” IN QUECHUA



Altitude : 2900m

Population : 37 260 habitants

In the province of Andahuaylas there is more than one hidden treasure. The main town of the same name is located 121 km from the town of Abancay. The name Andahuaylas or Antahuaylas means "meadow of colored clouds", referring to the colors that appear on Lake Pacucha during sunset with clouds.

Its streets are simple, but pleasant, just like its incredible landscapes, which you will fall in love with just by looking at them. This destination is an important economic, commercial and connecting center of the Apurímac region.



Landscapes of the Andahuaylas region

CULTURE



AVENTURES



FAMILY



TOURISME
LENT



15 km from the Kishuara district is this archaeological site.

Ushno, which features a truncated pyramid shape and three platforms that appear to be a sacred enclosure surrounded homes and warehouses.

WHAT TO DO IN ANDAHUAYLAS?

During your stay in Andahuaylas, take the time to discover both the cultural and natural sites that the region offers, well preserved from mass tourism. You will feel like the first explorers of the place! Here are some recommendations for your program:

- discover the parade ground and the San Pedro de Andahuaylas temples cross the El Chumbo colonial bridge, witness to the era of the Conquistadors
- The petroglyphs of Llamachayoc are both so surprising and very well preserved! visit the archaeological complex of Sondor, heritage of the Chanca culture, located in the valley of the Pacucha lagoon, 21 kilometers northeast of Andahuaylas. This site had particular importance as it was the ceremonial location for each solstice and equinox, where a series of ritual festivals were held.



ABANCAY

COLONIAL-ERA CITY



Altitude : 2 745m

Population : 180 770 habitants

A city that retains the style of the colonial era, through the architecture of its buildings. In addition, it offers a dream view thanks to its valley, which can be seen from the highest point of Abancay.

The road that leads to Abancay is particularly interesting for the numerous stops that can be made. A day during which we will leave for the surroundings of Limatambo, the production area of the famous Peruvian avocados, known for its numerous fruit plantations. After discovering the Inca site of Tarahuasi, we will head towards Chonta, a small village enjoying a magnificent view of the Rio Apurimac canyon and today presented as the "condor viewpoint" of the Cusco region.



View of the Chonta viewpoint, a few kilometers from Abancay

CULTURE



TOURISME
LENT



FAMILY



The town of Abancay is very festive, with many events taking place throughout the year. In January, the traditional festival of Señor de la Caída, the patronal festival of Santa Isabel de Caype in July, which brings together the inhabitants of Apurimac, or the festival of the Virgen de las Nieves, on August

WHAT TO DO IN ABANCAY?

Between its festivities, its traditions, its landscapes as far as the eye can see, and cultural attractions, the town of Abancay will mark your stay in the central Andes. Here are some ideas for activities for your stay in Abancay: the thermal baths of Cconoc, very appreciated by the locals and for its medicinal virtues the canyon of the Apurimac river, it is one of the deepest canyons in the world. Its beauty can be appreciated in its greatest splendor on the Abancay - Apurímac road. The Ampay National Sanctuary is a protected area that covers more than 3 thousand hectares. In this region you will also find the snow-capped Ampay Mountain.

On the road to Abancay, a few kilometers from the town, is the Saywite stone. It is an enormous block of granite, where you can see numerous engravings of plants and animals such as reptiles, frogs and felines.



Saywite Stone

CHOQUEQUIRAO

THE OTHER MACHUPICCHU



Altitude : 2 745m

Population : 180 770 habitants

The story goes that the Incas of the Vilcabamba Valley took refuge in Choquequirao after the arrival of the Spanish, in their last attempt to reconquer their kingdom. Its name means "cradle of gold" and its beauty and grandeur are compared to Machu Picchu.

Getting to Choquequirao is not easy: it takes 4 to 5 days of walking and camping along the way, but the reward on arrival is indescribable. Other more complete versions of the trek last up to 9 days, which requires a sufficient level of walking.

In addition to the altitude difference presented by this trek, the other difficulties are the heat and the presence of mosquitoes, but well equipped and well surrounded this trek will be one of the greatest challenges of your life!



View of the Choquequirao site

CULTURE



AVENTURES



HOW TO ORGANIZE THE CHOQUEQUIRAO TREK?

The Choquequirao site is only accessible on foot, which makes it a particularly privileged place, and the level of walking does not make it accessible to everyone, suffice to say that you will be alone on the site and will have the opportunity to take all your time! It is located at an altitude of 3105m, in the Vilcabamba mountain range, near the Apurímac river.

It is possible to visit Choquequirao in several ways and especially over different durations depending on your travel time.

- in 4 days, it's a round trip by the same route for a day's visit to the site itself in 9 days to reach Aguas calientes to visit the citadel of Machu Picchu
- in 12 days of trekking, this version is really the must!

The elevation changes per day of the trek Choquequirao are important, good physical condition and acclimatization are necessary before undertaking this trek. It is also recommended to carry it out with mules so that they can carry the trekking equipment and thus benefit more from the environment.

OUR FAVORITE

CLOUD TRAIN

JOURNEY OF TINTIN THROUGH THE ANDES



Altitude : Altitude : between sea level up to 4800m

The Cloud Train is a unique experience in Peru, it allows you to discover the central Andes from Lima to the town of Huancayo. This train, notably referenced by Hergé, crosses the Andean passes, up to 4800m above sea level, thus traveling in the 20th century the highest railway line in the world. The landscapes crossed are impressive, from tunnels to bridges, crossing dizzying gorges while discovering lagoons and superb Andean villages.



A journey out of time, with the train of clouds

FAMILY



TOURISME
LENT



This train has fixed departures (only twice a month), so it is essential to organize this experience with some advance notice to ensure availability.

HOW TO ORGANIZE THE CLOUD TRAIN?

The train has all the amenities, like a hotel on the rails! You embark on a 12-hour train ride to the rhythm of the old steam engine. With its large panoramic windows and the watchtower wagon, you will have the pleasure of watching the landscapes pass by. On the way to the Andes, there will be no less than 70 tunnels and 58 bridges to pass and the incredible El Infiernillo bridge which crosses the canyon where the 60m long Rimac river flows. You will also pass by La Galera, which is the highest railway station in South America. A sumptuous journey between the “costa” and the “sierra”.

If you are interested in a train trip to Peru, other options exist. For example the journey between Cusco and Puno, even to Arequipa. A large selection of train travel is offered by the company Peru Rail (Belmond). This luxury version of travel guarantees you a unique experience!



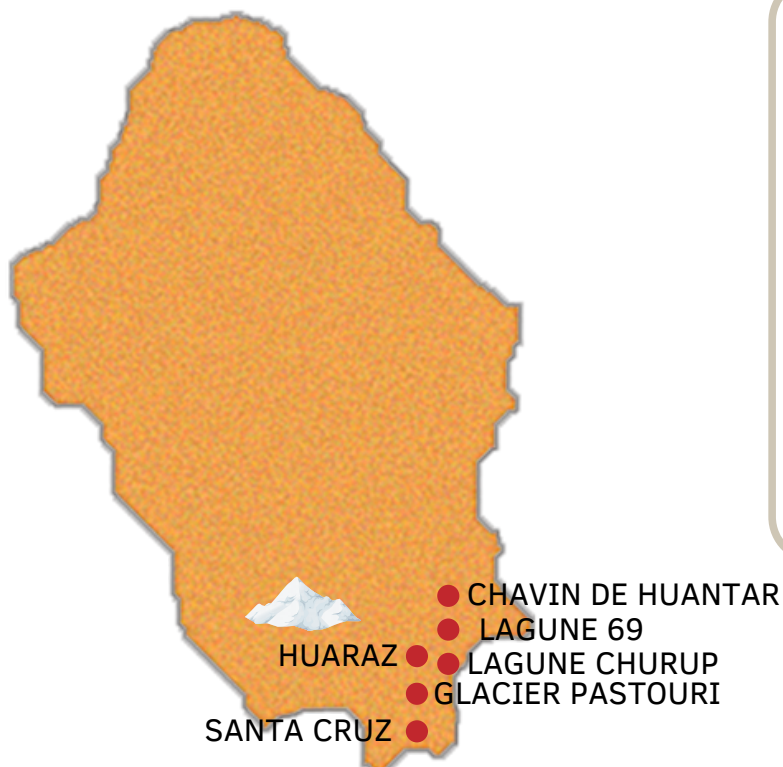
Train between Cusco and Puno

WHITE MOUNTAIN RANGE



SNOWY PEAKS AND LAGOONS

Limited on one side by two mountain ranges (Cordillera Blanca and Black) and on the other by the deserts along the Pacific coast, the department of Ancash is best known throughout Peru for its Huascarán National Park, home to the highest summit of the country: Mount Huascarán (6768m).

Renowned as a trekker's paradise, the name of the department inherited from the Quechua word "Angas" meaning blue is reminiscent of the contrast between the sky and the whiteness of the Andean peaks of the region but also the incredible color of the numerous lagoons of the surroundings of Huaraz, each one more beautiful than the last and offering the most enchanting landscapes.



DISTANCES

-  Lima - Huaraz : 8h
-  Trujillo - Huaraz : 8h

Huaraz - Laguna Paron : 3h

Huaraz - Laguna 69 : 3h

Huaraz - Chavin de

Huantar : 2h30

Huaraz - Glacier

Pastoruri : 1h30

Dear friends who are passionate about nature and hiking, an infinite playground is available to you in Ancash.

You will be dazzled by the Callejon de Huaylas, the Santa Cruz trek, the Huayhuash mountain range, lagoons 69, Churup, Paron, the Pastoruri glacier... And that is just a small summary of all the attractions of the region!

During your experiences on the various pre-Hispanic trails you will also have the opportunity to discover numerous archaeological remains and to immerse yourself in the history of the department having been notably marked by the Chavin, Wari (in the Andes) or even Sechin civilizations (Pacific coast).

The White mountain range region is located at altitude, it is necessary to allow a few days of acclimatization before undertaking a long trek: many day walks are also offered in order to gradually acclimatize while visiting the region.

LAGOON LANDS

IDEAS FOR OUTINGS TO ACCLIMATE PROGRESSIVELY



Altitude : 2800 m

Population : 118840 habitants (Huaraz)

Arriving in the Ancash region, via the town of Huaraz, nicknamed "the capital of international friendship", it is preferable to take the time to acclimatize before undertaking a longer trek. The town is located between the Santa River and the Callejón de Huaylas valley, the dead end of Huaylas in French. It is also an opportunity to gradually begin to discover the superb landscapes of the Cordillera Blanca, which includes no less than 35 peaks with an altitude greater than 6,000m above sea level. The highest point is Huascarán, at 6,738m; it fascinates as much as it imposes! Suffice to say that next to him, we really feel very small.



Paron lagoon with turquoise waters

AVENTURES



FAMILY



The Huascarán National Park, created in 1975 to protect the ecosystem of this mountain range, was recognized by UNESCO as a biosphere reserve in 1977 and listed as a World Heritage Site in 1985.

WHAT EXCURSIONS ARE OFFERED AROUND HUARAZ?

Many outings and day hikes are offered from Huaraz in order to acclimatize, here are some ideas:

- The Paron lagoon is remarkable for its turquoise blue color and grandeur, which will leave you speechless! It is one of the largest lagoons in the region.
- Lagoon 69, with green waters, located at 4600m: We advise you to book your excursion a few days in advance because it is one of the most popular destinations in Huaraz.
- The waters of the Churup lagoon have a bluish color. Around it live typical species of Andean fauna such as vizcachas, cats and wild ducks.
- The Rajucolta lagoon, to have a very impressive view of the Huantsan glacier (6,369 m) and San Juan (5,843 m).
- The Pastoruri glacier, located at 5200m, and to observe the Puma Pampa, a natural spring of sparkling water and the Puyas Raimondi.



Pastouri Glacier

HUAYHUASH

AT THE HEART OF THE WHITE MOUNTAIN RANGE



Altitude : Altitude : between 3300 and 5010m, depending on the passes

The Huayhuash trek is one of the most beautiful in the Cordillera Blanca region. There you will find the impressive Yerupajá (6634 m), second highest mountain in Peru, and the legendary Siulá Large (6336 m). The settings of the Cordillera Huayhuash are often used for films.

The Cordillera Huayhuash has unique Andean flora and fauna. During the winter season (October - March) and the first months of spring, the landscapes become heavenly with green ichus and multicolored flowers. The greenery of the hills, the brilliance of the white mountains, the pure blue of the mountain skies reflected in the fresh waters of the lagoons, are simply magnificent landscapes.



the Coffee, the black gold of Perú

AVENTURES



TOURISME
LENT



The organization of the trek consists of traveling with a local guide (speaking your language), a cook and porters in order to transport the equipment necessary for the camp. Mules you also accompany and a horse is provided in case of emergency.

HOW TO ORGANIZE THE HUAYHUASH TREK?

Depending on your time there, you can do the trek Huayhuash over several durations:

- in 4 days, also nicknamed the "mini-Huayhuash", it is a moderate level trek which allows you to discover different lagoons with a star route from your camp point in 7 days, you will pass by the archaeological site of Huanuco mara, in addition to all the natural wonders in 10 or 12 days, the must for complete immersion!

OUR FAVORITE ACCOMMODATION

In order to complete the Huayhuash trek in complete comfort, we recommend the Domos, these luxury tents, which provide you with the rest you need for the hours of walking the next day as well as an experience in unusual accommodation with great comfort!



SANTA CRUZ

COLORED SEDIMENTS AT MORE THAN 5000 M



Altitude : 2800 m

The Santa Cruz trek is one of the must-sees for lovers of wide-open spaces of hiking and climbing. This trek allows you to pass as close as possible to the Huascarán National Park, its highest point is at 4700m (the Punta Union pass). It is best to do this trail in April, May, September and October to have the most beautiful clearings and reflections on the different lagoons of the Santa Cruz valley.

Departing from Huaraz, several versions are offered from Huaraz with itineraries of varying length. You can complete the route for 4 days and 3 nights, in camp, this allows you an unforgettable experience between mountains, valleys and lagoons.



AVENTURES



TOURISME
LENT



We repeat it again, but we must not neglect the effect of "soroche" the evil of, altitude; We always recommend one or more days of acclimatization in order to undertake a trek and have a good physical condition.

On the trails of the Santa Cruz trek

HOW TO ORGANIZE THE SANTA CRUZ TREK?

The Santa Cruz trek is a must for lovers of wide-open spaces of hiking and climbing.

The level of the trek is intermediate with high passes to pass, it is recommended for hikers who already have high mountain experience.

It is best to do this trail in April, May, September and October to have the most beautiful clearings and reflections on the different lagoons of the Santa Cruz valley. In organizing your trek, we provide you with all the necessary equipment, you will be accompanied by a local guide, trained in the high mountains, as well as mule drivers to transport the equipment.



View of the Punta Union pass

OUR FAVORITE

CHAVÍN DE HUÁNTAR

CHAVIN CULTURE



Altitude : 2800 m

Population : 7971 habitants

Very little touristic, the archaeological site of Chavín de Huántar is a true marvel forgotten by tourist guides. Situated at 3180m above sea level, it was located at the confluence of trade routes between the Pacific Ocean and the Amazon. It is estimated to have been an administrative and religious center of the Chavin culture, between the years 1500 and 300 BC. Walking around the temple, you can see the great stone cutting work that characterized the Chavín, as evidenced by their particular sculptures.



The heads nailed on the site of Chavin de Huanantar

CULTURE



TOURISME
LENT



It is even said that Chavín de Huántar inspired the Incas, many years later, to build the sanctuary of Machu Picchu in Cusco.

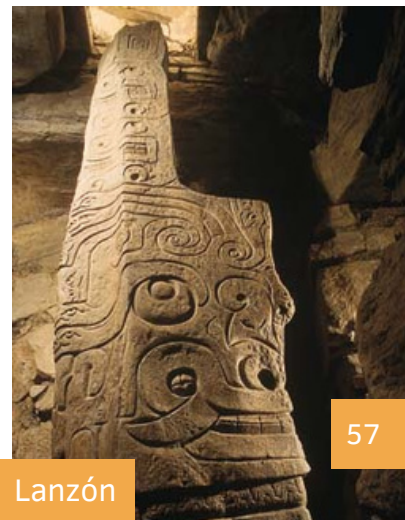
On the road, we also recommend the Chavín de Huántar National Museum, whose goods and objects were found on the site itself.

PERU HOW TO VISIT THE SITE OF CHAVIN DE HUANTAR?

The best time to visit the resort is during the months of April and May. The neighboring towns of the complex that have developed better hotel infrastructure are Chavín, Huarí or Chacas. Another option is to visit Chavín de Huántar during the day and then sleep in the town of Huaraz, which is a two-hour drive away.

Here are the main points of interest of the archaeological site: Nailheads,

- stone sculptures depicting human heads with wild eyes, snake-like figures and fangs. They were nailed to the top of the outer wall of the new temple. There are around fifty of them on the Lanzón site, it is a monolithic in the shape of a spear, with a god sculpted with a lion's head, it is the main divinity of Chavin.



The Lanzón

NORTH COAST


SURF AND MOCHE CULTURE


The North coast is a natural jewel that still has little tourism. Indeed, Peru is better known for Machu Picchu than for its seaside side, and yet the north side offers very beautiful beaches between Tumbes and Mancora to spend a few relaxing days and enjoy water activities.

On the border with Ecuador, the region is known for its beautiful beaches of Punta Sal, Puerto Pizarro and Zorritos, which are renowned seaside resorts in the country. The food is very good, especially with the typical dishes of Tumbesina cuisine based on seafood and fish. This region offers you a “lazy” break at the end of your trip to enjoy a mild climate and relax, with a wide selection of comfortable hotels offering a relaxing stay along the Pacific coast.



DISTANCES

-  Talara - Mancora : 1h20
- Tumbes - Mancora : 2h
- Mancora - Chiclayo : 6h40
- Chiclayo - Trujillo : 4h
- Chiclayo - Chaparri : 1h30

-  Lima - Tumbes: 1h30
- Lima - Trujillo : 1h
- Lima - Chiclayo : 1h15
- Lima - Talara : 1h30

PERU, SEA DESTINATION

Generally speaking, the North of Peru is much less visited than the South, which still makes it a pleasant region to discover, far from the masses. Its seaside side is not always highlighted and yet the country lends itself well to the practice of water sports, such as surfing or kite surfing. Sliding championships are also regularly organized to take advantage of the good waves! It is also possible to discover the wildlife with diving or sea trips.

On Huanchaco beach, you will not miss the "caballitos totora", these local boats used by local fishermen.

To visit from November to February!



MANCORA

SURF, DIVING AND WHITE SANDY BEACHES



Altitude : at sea level

Population : 10 550 habitants

Miles of white sand beaches, the Mancora region mainly attracts people wishing to have a seaside stay in Peru, but it is also full of other natural treasures which allows for a complete and varied experience.

Moving away from the very festive and lively town of Mancora, you can discover the small village of Punta Sal, much more authentic, or Vichayito, more chic and residential.

Inland, pass through the Cerros de Amotape National Park to discover the fauna and flora of the region. The area is also recognized for the observation and protection of many species of birds.



AVENTURES



FAMILY



From July to the end of October, it is possible to observe humpback whales, just like in Tumbes.

The kilometers of beaches of Mancora

WHAT TO DO IN MANCORA?

Many nautical and adventure activities are offered around Mancora:

- Surfing or kite surfing lessons, in fact the place is conducive to board sports due to the situation of the currents. One of the biggest surf spots is Los Organos, located 15km from Mancora. The towns of Cabo Blanco or Lobitos also have a lot to offer.
- Diving and snorkeling courses, to discover and observe marine fauna. An introduction to artisanal fishing in Punta Sal, accompanied by locals. One of the new trends in Mancora is the practice of yoga.
- Indeed, it is an increasingly renowned place for yoga or spiritual retreats. A large majority of hotels and accommodation offer well-being activities such as natural spas, massages or meditation sessions, in an exceptional setting.

The Mancora region has impressive marine biodiversity. It is important to choose service providers carefully to ensure that they respect the environment and are aware protection of fauna and flora.

CHICLAYO

MOCHE AND SICAN CIVILISATION



Altitude : Altitude : at sea level

Population : 552 508 habitants

The city of Chiclayo is one of the must-sees of northern Peru, heritage of numerous archaeological sites of the Moche, Chimu and Lambayeque cultures. In addition to being cheerful and friendly, this citadel offers the visitor a rich source of archaeological remains, crafts and gastronomic wonders. The republican residences are witnesses of history, without forgetting the museums, which contain superb testimonies of power, such as the tomb of the lord of Sipan; equally impressive are the numerous earth pyramids of Tucume, the Sican finds in the middle of the historic Bosque de Pomac sanctuary and natural sites like the Chaparri ecological reserve and the Laquipampa refuge, where bears can be observed at glasses and the mythical white-winged guan.



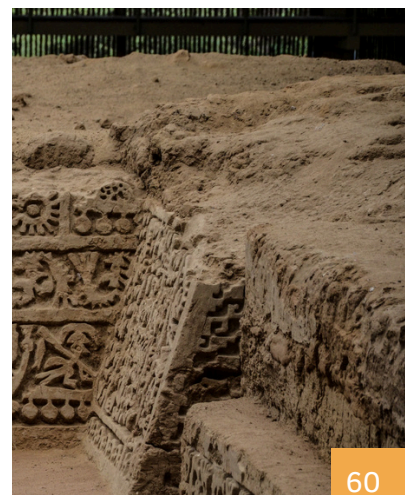
FAMILY



CULTURE



Exquisite dishes like cabrito a la norteña, arroz con pato, causa ferreñafana, tortitas de choclo con ceviche, manías, panquita de vie and others await you. The cuisine of Chiclayo, between land and sea is a delight and full of history!



60

Vestiges of Moche culture

WHAT TO DO IN CHICLAYO?

Chiclayo offers both cultural excursions with quality pieces and works, and the possibility of discovering natural reserves.

Here are some recommendations for your stay in Chiclayo:

- The National Museum of Sican, located 30 minutes from Chiclayo, is notable for the two Sican culture tombs, it also has an impressive collection of gold jewelry.
- Stroll around the main square of Chiclayo and discover the city center.
- The 25 pyramids of Tucume, 40km from Chiclayo, are impressive and are the heritage of Lambayeque culture.
- The Tumbas Reales Museum, the "royal tombs" including that of the Lord of Sipan, the highest leader of Moche culture. The Chaparri reserve, 75km from Chiclayo, is astonishing for its wildlife, we'll tell you about it a little further on!

Pyramids of Lambayeque

TRUJILLO

ARRIVAL CITY OF THE CONQUISTADORS.



Altitude : Altitude : at sea level

Population : 919 900 habitants

La Libertad, department rich in history and traditions, lands of many great civilizations, Moche, Wari, Chimu, the largest clay city in the world Chan Chan, encompassing pyramids, impressive temples and huacas. In addition to its ideal beaches for surfing enthusiasts, you can also enjoy fishing with the famous reed boats.

The streets of its capital, Trujillo, are surrounded by buildings with picturesque colonial architecture. Finally, it is the land of origin of the famous Marinera, the national dance of Peru. The city is a heritage of several cultures and histories, making it a true open-air museum. Take the time to discover Huancacho, the seaside resort located a few kilometers away, known for its "caballitos totora", which are boats used by local fishermen.



The colonial church of Trujillo

FAMILY



CULTURE



vents take place in Trujillo throughout the year:
the Marinera festival (end of January), the Peruvian paso horse competition or the spring festival with the corso primeveral, a magnificent parade with float

WHAT TO DO IN TRUJILLO?

Many archaeological sites are located around Trujillo, take the time to visit these wonders:

- The Plaza de Armas of Trujillo, very colorful due to the yellow facades of the cathedral, with the museum of colonial religious art and the municipal palace of Trujillo. In the middle is the statue symbolizing the proclamation of the Independence of Peru.
- The Casa de los Leones, "the house of the Lions" for the large statues of lions which guard the entrance, is one of the most beautiful colonial buildings in the city, with its baroque and rococo style.
- Various "huacas" are distributed throughout the city: the Arco Iris huaca, the Dragon huaca, the Esmeralda huaca
- The Chan Chan site with the Temple of the Moon, a day's visit is necessary to appreciate these constructions of the Chimu culture



Piece of clay from the Chan Chan site

TUMBES

BETWEEN MANGROVES AND WHALES



Altitude : sea level

Population : 80 000 habitants

The name Tumbes is believed to have two origins: Tumpis, which is a group of indigenous people or perhaps tumbos, a species of passion flower. The region has a wide variety of ecosystems; including mangroves and tropical forests.

The department covers three protected natural areas: the Manglares de Tumbes National Sanctuary, the Cerros de Amotape National Park, which is home to more than 400 species of birds, the Magellanic fox and terrestrial mammals such as pumas, and the National Reserve of Tumbes. The locals live mainly from fishing and agriculture as well as oil and mining, notably thanks to the refining of oil and gas as well as the presence of minerals.



The climate of Tumbes is warm all year round, making it an ideal destination at any time of your stay.

Tumbes is a privileged place to observe humpback whales which come close to the coast, from July to the end of October, a spectacle

Zorritos, white sand beach in Tumbes

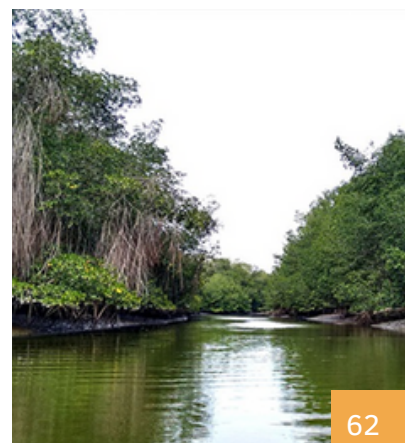
WHAT TO DO IN TUMBES?

The town of Tumbes stands out both for its seaside side with beaches and more nature with sanctuaries and national reserves.

Some ideas for outings during your stay in Tumbes:

- Puerto Pizarro, is a seaside resort located a few kilometers from Tumbes, for lovers of fishing and shellfish the national sanctuary of Manglares de Tumbes, this spectacular place located on the border coast with Ecuador is a unique place because it shelters the largest extension of mangroves in the country.
- the Cerros de Amotapes National Park, a unique protected natural area in the entire country for its diversity of Zorritos woods, magnificent white sand beach!

Located on the border with Ecuador, the town of Tumbes is a very good stopover to extend your trip to South America or enter Peru!



National sanctuary of "Los Manglares"

OUR FAVORITE

CHAPARRI

RESERVE OF ANDEAN BEARS



Altitude : 2800 m

This reserve was established in the year 2000, approximately 75km from Chiclayo, in order to preserve the natural environment of certain endangered animals, such as the spectacled bear, the puma, the anteater, but also many bird species: condor, white-winged penelope, eagle, vulture. It is an area with a very fragile ecosystem, and its conservation is fundamental for the entire region. Outings with specialists are offered to learn more about the biodiversity of this place.



Spectacled bear in the Chaparri Reserve.

HOW TO VISIT THE CHAPARRI RESERVE?

Explore the dry forests of northern Peru, and discover the habitat of unique endemic species such as the spectacled bear and the whitewinged penelope. In the reserve, take advantage of the different activities and excursions offered:

- guided tours of the local interpretation center, the bibliobotella, the Huerta Encantada, the nursery, the herpetarium, the viewpoint, the spectacled bear area and the white-winged penepole
- Listen to the tales, myths and legends of the forest
- Observe birds at sunrise or nocturnal species, at sunset
- Discover the work and exhibitions made by the scientists studying on site

AVENTURES



TOURISME
LENT



The region remains very little frequented and preserved from mass tourism, which makes it an exceptional region for observing birds. This is a region that we recommend for trips by photographers or ornithologists.

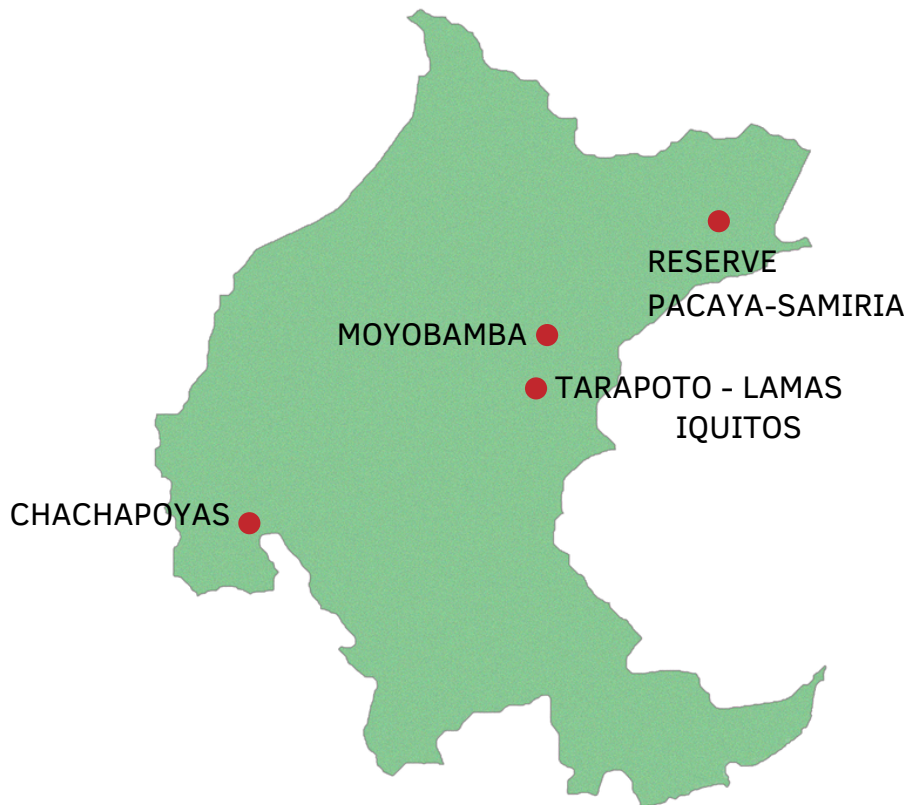


White-winged guan


AMAZON BASIN

EXCEPTIONAL FAUNA AND FLORA

The Loreto region is the largest in Peru, it covers a little less than a third of the Peruvian territory and on the contrary, it is the least populated region. It borders Ecuador, Colombia and Brazil and there is exceptional biodiversity and local indigenous and indigenous populations, some of whom have had little contact with urban populations.



DISTANCES

 Moyobamba - Tarapoto : 2h
Chachapoyas - Tarapoto : 7h
Chachapoyas - Moyobamba : 5h

Lima - Iquitos : 1h45

 Lima - Cajamarca : 1h

To get to the Pacaya-Samiria reserve, connections are made by boat, the distances depend on the lodge and the route chosen.



IQUITOS, ON THE EDGE OF THE AMAZON

The largest city is Iquitos, on the edge of the Amazon, which represents one of Peru's most important river ports. Tourism agencies and associations offer river cruises or stays in lodges to discover the fauna and flora of the Amazon. Don't miss discovering the "casa de Fierro", literally "the iron house" which was designed by Gustave Eiffel, it is one of the main attractions. Arriving in Iquitos and the Peruvian Amazon, you will experience humidity and tropical heat.

Houses of Iquitos, on the banks of the river

CHACHAPOYAS

“MEN OF THE CLOUDS” IN QUECHUA



Altitude : 2335m

Population : 32 026 habitants

Chachapoyas, a town in the Amazonas located between the Andes and the jungle, is a treasure trove of natural surprises, such as its famous orchids, but also cultural, with its colonial and republican style residences. The town is close to the impressive Gocta Waterfalls and the archaeological wonder of Kuelap. In the city center, the Plaza Mayor is a spectacle surrounded by beautiful buildings with typical colonial balconies.

In Chachapoyas, there are many things to see, do and talk about, thanks to its friendly locals who are always ready to show us around their beautiful town. Don't miss Gocta Falls, the Revash Mausoleums, Lake of the Condors and many others!

The best time to visit Chachapoyas is from May to October, outside the rainy season.



Kuélap Fortress

FAMILY



AVENTURES



CULTURE



TOURISME
LENT

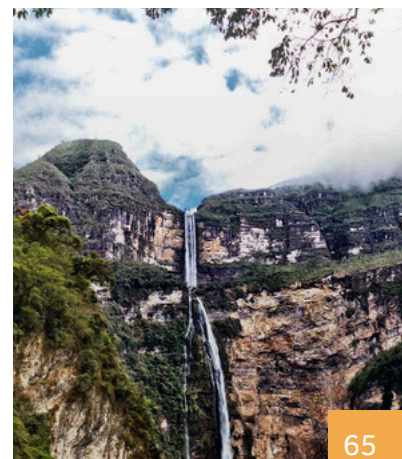


To learn more about culture Chachapoyas, we recommend the museum of Leymebamba, which exhibits more than 200 hundred ummies found in the Cóndores lagoon.

WHAT TO DO IN CHACHAPOYAS?

The Chachapoyas region is full of different natural environments, the ideal opportunity for excursions into nature and off the beaten track. Here are some recommendations for your stay in Chachapoyas:

- The Sonche canyon, located 20 minutes from Chachapoyas, passing through the typical village of Huancas, the view from the belvedere over the valley is breathtaking.
- Gocta Falls are a must! They measure more than 700m in height, located a 2.5 hour hike from Cocachimba. We also invite you to discover Yumbilla Falls.
- The Kuelap fortress, to discover the Chachapoyas civilization in more depth, built at 3000m in the 5th century.



The impressive Waterfall of Gocta

PACAYA SAMIRIA

THE GREEN PARADISE



Altitude : 2800 m

Population : approximately 120,000 habitants (distributed among the different communities)

The Pacaya-Samiria National Reserve, accessible from Tarapoto, Yurimaguas or Iquitos, is recognized for its beauty and rich biodiversity. One that is known as the largest reserve in Peru and is often cited as an important place in conservation and bird watching.

The region's numerous lakes, as well as its multiple swamps, constitute the habitat of marine mammals including manatees, pink dolphins, endemic to the Amazon, and also black caimans and river turtles.

A trip to the Loreto region offers you an encounter with a still virgin forest, which is important to protect.



ADVENTURES



TOURISME
LENT



FAMILY



Unlike in Puerto Maldonado and Manu Park, Amazon in Pacaya Reserve Samaria is more "authentic" with less infrastructure. In particular, we observe endemic species such as the "boto", the pink Amazonian dolphin.

HOW TO VISIT THE PACAYA SAMIRIA RESERVE?

Once in Iquitos, you will need to go to Nauta. In this small town Coffee, the black gold of Peru port, you will board a boat where the real adventure begins: for 35 minutes you will travel on the waters of the Marañón River, one of the tributaries of the Amazon and enter the Pacaya Samiria reserve.

This national preserve offers plenty of activities: you can spend an afternoon fishing for your own food, hike along alligator rivers, swim in enigmatic lagoons, or sleep under the stars. Don't miss El Dorado Lagoon, Lake Yanta. The place lends itself very well to visiting a native community of the region, there are more than 200 communities living on the river, which have managed to keep their way of life and customs.



Amazon pink dolphins

TARAPOTO - LAMAS

THE CITY OF PALM TREES



Altitude : 356m

Population : 180 073 habitants

Land of exuberant vegetation, impressive waterfalls, lush forests and hills with large cliffs, Tarapoto is a natural paradise which offers many attractions to discover. Located in the department of San Martin, this Amazonian town is the gateway to the jungles of northeastern Peru and the starting point for various outdoor excursions that await you.

The "City of Palms", as it is called, is today the main source of tourism and commerce in this region.

Thousands of people arrive every year to experience a boat ride on the Blue Lagoon, visit the majestic Lamas Castle, cool off in the Ahuashiyacu waterfalls and discover many other attractions!



Lodge on the Tarapoto River

AVENTURES



TOURISME
LENT



FAMILY



It is possible to get to Tarapoto by plane, by land and also by boat. The options differ depending on your travel time, your itinerary and your desires.

WHAT TO DO IN TARAPOTO?

Tarapoto is a town surrounded by natural wonders, and is popular with local tourists for weekends. It also includes cultural surprises: Coffee, the black gold of Peru

- The surprising Lamas Castle, a medieval castle built by an Italian, as private property The Ahuashiyacu
- Waterfalls, located 20 minutes from Tarapoto, it is one of the most visited and famous destinations in the region. In Around the waterfall you will find a viewpoint that offers a fantastic view of Tarapoto.

The amazing Polish petroglyphs, a large number of figures of animals, plants and people carved into stone, probably from the Chachapoyas culture.



Tarapoto Blue Lagoon

MOYOBAMBA

AT THE CROSSROADS OF THE ANDES AND THE AMAZON



Altitude : 860m

Population : 86 015 habitants

Some of the tourist attractions found in the town of Moyobamba include: the town's Plaza de Armas; around this square we recognize important institutional and religious buildings, among the latter, the city's cathedral stands out.

Several viewpoints also allow you to have a superb view of the city: that of Punta de Doña in the Calvario district. This place is the starting point for the patronal feast of San Juan, which is celebrated every June 24, and the feast of San Pedro, celebrated on June 29. The path to this viewpoint is an excellent trekking route, which also offers bird watching and photo opportunities.



AVENTURES



TOURISME
LENT



FAMILY



Festivities of
Moyobamba:

June 24: patronal
feast of San Juan

June 29: feast of San
Peter

Main square of Moyobamba

WHAT TO DO IN MOYABAMBA?

The town is located 20 minutes from Tarapoto in the San Martin region and offers many natural and cultural activities. The opportunity to discover a city at the crossroads of the Andes and the Amazon.

- The city center around the Plaza de Armas is always lively. In addition, the murals give color to the city. Visit the Coffee district, de Tahuishco, where culture is highlighted.
- Discover the city's thermal baths, known for their medicinal and relaxing properties. Admire the orchids and bromeliads typical of the region at the Orquideario de Waqanki
- Enjoy the landscape around Moyobamba: San Martin is lush and green, exotic and relaxing. There we come across rice fields and other agriculture as well as various conservation initiatives for natural forests and mangroves.

One of Moyobamba's specialties is juane, a tasty chicken stew, seasoned with spices and covered with bijao leaves, widely consumed and appreciated in the region!

OUR FAVORITE

CRUISE ON THE AMAZON

TO THE RHYTHM OF THE WATER



Altitude : 106m

Population : 370 962 habitants (Iquitos)

One of the most beautiful ways to travel in the Amazon is by river, it is with the rhythm of the day that the colors change and little by little reveal different landscapes. In recent years, the offer of cruises on the Amazon has developed, which makes it possible to travel and offer different stays to everyone who wants it! To the rhythm of the water and the days you will have time to appreciate nature with all the comfort of a hotel. Embark on a tour with an unforgettable itinerary!



The luxury cruises on the Amazon

FAMILY



TOURISME
LENT



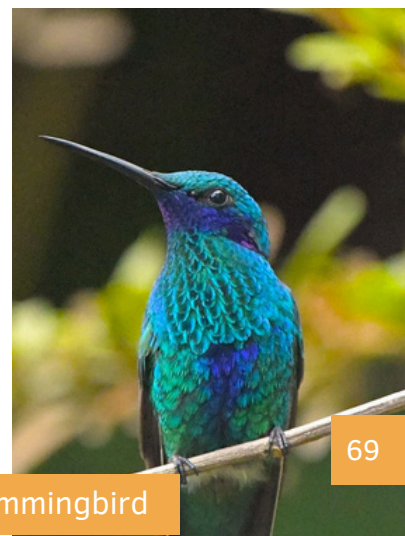
The Amazon cruise is a luxury trip that will be the experience of a lifetime.

In addition to activities to discover wildlife and flora, the companies also offer wellbeing activities such as massages or moments of relaxation, as well as a gym and the presence of a chef to taste to all the specialties of the forest, in a very refined style.

HOW TO ORGANIZE AN AMAZON CRUISE?

Some companies offer cruises of 4 days or more for an immersion in the Amazon. On board, comfort is essential, it is a true luxury floating hotel with restaurant, lounge and conference room. Throughout the trip activities are offered such as:

- Excursions and walks in the forest to discover the biodiversity of the Pacaya Samiria reserve.
- Kayak to paddle and take the time on the river in the calm waters of the reserve, stand up paddles are also offered.
- Observation of pink dolphins, endemic to the Amazon.
- Observation of tropical birds in the reserve.
- Night walk for the chance to observe black caimans, bats, frogs and other nocturnal creatures.



Hummingbird

PERU, LAND OF EXCEPTION AND DIVERSITY

ANDEAN LANDSCAPES, AMAZON, PACIFIC COAST

As you can see through these pages, the Peruvian territory and its attractions are very difficult to summarize as the country presents varied landscapes, climates and cultures.

TAKE TIME

We hope to have given you an overview of the activities and regions that can be explored in Peru. You will also have understood that the watchword for a trip to Peru is time, this allows you to live in the present moment and also to discover each city and region in more depth. We believe that Peru is worth several trips, due to its vast territory, and that it will always surprise you depending on the different places visited. There truly is something for all tastes and interests, for a trip of discovery or those who wish to return.

A TRIP BY REGION

Peru rhymes with contrast and diversity: between the Andean landscapes of the Altiplano, the Amazon and the Pacific coast, the Peruvian territory brings together the majority of climates and landscapes, it is unfortunately not possible to do everything in one stay. Where possible, we always recommend at least three weeks of travel, so that you have time to enjoy each activity and have time to acclimatize. A trip to Peru is relatively intense due to its topography and the culture shock.

A CULTURAL AND NATURAL HERITAGE TO PROTECT

As slow travel actors, we are keen to highlight the cultural and natural heritage to share with you. In our canvassing, we choose activities with overnight stays with locals in order to discover local traditions and customs.

By turning to tourist activity, these inhabitants in the communities also benefit from passing on the way of life and crafts from generation to generation. Many events and places are listed in the UNESCO world heritage, such as the Inca bridge of Q'eswachaka, the way of life on the Uros Islands, national holidays etc.



Natural wool dyeing

KEEP IN TOUCH

OUR MEANS OF STAYING IN COMMUNICATION

Follow us on our blog and on our social networks to keep up with our news and that of Peru. We regularly post on Facebook and feed our blog with more studied subjects.



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SEE YOU SOON IN PERU!

