



# Flavors of Peru

9 Days



*The Adventure Company* | EST. 1969


**MT+SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Flavors of Peru

Get a taste of Peruvian culture with this nine-day trip that's a feast for all the senses. Explore fascinating and well-preserved ruins from the ancient Inca Empire, including Pisac, Pumamarca, and Ollantaytambo. See the vibrant capital city of Lima, the ancient streets of Cusco, and the wonders of the Urubamba Valley. And visit Peru's star attraction: the mystical ruins of magnificent Machu Picchu. You'll also taste some of Peru's best food with activities specially geared toward food lovers, including a farm-to-table meal, cooking demonstrations, and a traditional pachamanca lunch.

## Details

Arrive:	Lima, Peru
Depart:	Lima, Peru
Duration:	9 Days
Group Size:	4-16 Guests
Minimum Age:	15 Years Old
Activity Level:	

## Testimonials

*"We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek."*

Dennis G.

*"I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence."*

Marianne W.

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## Why Take This Trip With Us?

### REASON #01

MT Sobek has been crafting unique adventures in Peru for over 40 years, working with the best local guides for immersive cultural experiences.

### REASON #02

This unique adventure blends Peru's vibrant culinary scene and unique dining venues with active exploration of ancient sites, from Ollantaytambo to Machu Picchu.

### REASON #03

We have chosen excellent accommodations to ensure that you have a luxurious and relaxing stay from beginning to end.

## What to Expect



### ACTIVITIES

Cooking classes and demonstrations, expert-guided city walking and bike tours, and cultural exploration of ancient Incan wonders.



### LODGING

A variety of comfortable accommodations, including modern hotels, whitewashed casitas, and an elegant former convent.



### CLIMATE

Weather in Peru changes rapidly and is varied - rain, sun, wind, clouds. Cloudy skies and rain are common in Cusco and Machu Picchu, while Lima is usually much drier.

## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Born in the highlands of Cusco, Wilber studied History, Archeology and Business at the Private University of Cusco. He has traveled around the world and worked on three different continents. He is a tremendously active person and has 32 years of experience to his name, leading groups of tourists in both conventional and adventure tours from Cusco to the outer reaches of Peru.

### Wilber Aparicio

Manuel started out as a field assistant with Mountain Travel Sobek more than 20 years ago, and is now considered one of the best trek and tour leaders in Peru. He graduated with a degree in agriculture and when not guiding trips, he raises white corn on a farm in a valley near Cusco. Manuel's knowledge of the local Quechua language combined with his extensive studies in Inca culture, provide a unique understanding of the Andean people. His love of Peru and easygoing manner make him the ideal traveling companion.

### Manuel Luna

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# Itinerary

## DAY 1

### ARRIVE IN LIMA

Meet your MT Sobek representative at the Lima airport and transfer to your hotel in the upscale Miraflores district of Lima. Explore the neighborhood and enjoy dinner on your own.

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## DAY 2

### CYCLING TOUR OF THE HUARIQUES OF LIMA

After introductions this morning, visit the modern side of Lima during a morning bike tour that starts in Miraflores and routes through the three best "Huariques" (hidden traditional restaurants), stopping for treats along the way. This afternoon meet back with the group for a more traditional Lima city tour. Start at the Plaza de Armas, and see the Presidential Palace, Archbishop's Palace, and Cathedral de Lima. Then, visit the impressive Larco Museum, an incomparable private collection of treasures from ancient Peru. In the evening, gather with the group for a five-course welcome dinner at Malabar Restaurant.

**Activity:** 3 hours "huarique" cycling & city touring

**Meals:** B, D

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## DAY 3

### COOK WITH A LOCAL CHEF IN BOHEMIAN BARRANCO

Visit the bohemian district of Barranco, where a renowned Peruvian chef will help you discover Peru's fascinating gastronomy. Visit a local market to find the necessary ingredients for a cooking class. Learn about the history and traditions of Peruvian cuisine, the typical ingredients, and some of the best recipes from Lima. Enjoy a Pisco Sour and some tapas — prepared by you — before enjoying a delicious lunch accompanied by unbeatable views of Lima's coast. Spend the evening at your leisure, with complimentary transportation to the restaurant of your choice in Lima.

**Meals:** B, L

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## DAY 4

### EXPLORE ANCIENT OLLANTAYTAMBO & HACIENDA SARAPAMPA

Fly to Cusco and transfer to the Sacred Valley of the Incas. Visit the village of Pisac, where impressive Inca ruins extend from a fortress to a temple complex and boast some of the finest Inca stonework in existence. Afterwards, enjoy a farm-to-table lunch at Hacienda Sarapampa, a working farm. Continue to Ollantaytambo, a village that has been inhabited since the Inca era. Stroll the narrow streets that are the same now as when the Incas reigned and visit the imposing fortress. Tonight we recommend a light dinner on own to help adjust to the altitude.

**Meals:** B, L

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## DAY 5

### VISIT MARAS, MORAY & MISMINAY

Embark on a full-day exploration of the Urubamba Valley, beginning in Moray with its impressive circular terraces built into the top of a limestone hill. Continue on to colonial village of Maras, where one of the finest salts in the world is extracted. Experience true Andean hospitality in the community of Misminay, where you'll be welcomed into a home for a traditional lunch. Then, join the locals in their daily activities: you might weave fabric using ancient techniques, help out with the crops, or even go for a donkey ride.

**Meals:** B, L, D

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## DAY 6

### DISCOVER MYSTICAL MACHU PICCHU

After transferring to the train station in Ollantaytambo, ride a classic Vistadome train up the narrowing gorge of the Urubamba River. Arrive at Aguas Calientes, also known as Machu Picchu Pueblo, and start your ascent to the lost citadel of Machu Picchu, an unforgettable experience.

Explore the enigmatic ruins—a fascinating complex of houses, terraces, baths, temples, and stairways. Learn about the importance of these structures in the lives of the Incas during a tour. Then return to the hotel, explore the gardens, and enjoy dinner in the Inkaterra's dining room.

**Activity:** 3 hours/2 miles light hiking at Machu Picchu at 8000'

**Meals:** B, L, D

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## DAY 7

### RETURN TO CUSCO

Take an optional early-morning hike to climb to the top of Huayna Picchu (8,750') or the Machu Picchu Mountain on the eastern side of the Central Cordillera. This peak shelters another archeological site, the Temple of the Moon, which is connected to Machu Picchu and is a marvel in its own right for the wondrous underground galleries built there. Take the Vistadome back to Ollanta, and enjoy a traditional pachamanca lunch, an Andean technique of cooking meat and vegetables below ground. Then, continue to Cusco, where you will spend the evening at your leisure.

**Activity:** 2.5 hours/1.2 miles hiking at 9000' elevation & at 11000' feet

**Meals:** B, L

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## DAY 8

### COOKING DEMONSTRATION & TOUR OF CUSCO

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Meet at 11am for a cooking demonstration and lunch at the Map Café, housed in the beautiful courtyard of the Pre-Columbian Art Museum. After lunch, explore Cusco, starting at a Dominican church built on the site of an ancient Inca palace. Continue to the Main Square, where you will visit the Cusco Cathedral. Climb to Sacsayhuamán fortress, then visit the Kenko temple and Puca-Pucara, which may have been a lodging place for the Inca. Gather in the evening for a farewell dinner in one of Cusco's best restaurants.

**Meals:** B, L, D

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## DAY 9

### DEPART FROM CUSCO & FLY TO LIMA

After a buffet breakfast, say farewell to the city and transfer back to the Cusco airport. Return to Lima to connect with your homeward-bound flight.

**Meals:** B

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## Dates

Sep 6 - 14, 2019

Apr 28 - May 6, 2020

Sep 8 - 16, 2020

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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## Pricing

2019

\$ 4,795 per person

### Additional Cost

\$ 420 Internal Airfare

\$ 1,400 Single Supplement

2020

\$ 4,795 per person

### Additional Cost

\$ 420 Internal Air

\$ 1,400 Single Supplement

### PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary cycling gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

### PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Lunch on Day 2 and dinner on Days 1, 3, 4, and 7
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- Optional travel protection

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## ➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

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### **Awards**



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