ITINERARY
FREE YOUR SPIRIT’S JOURNEYS

Cusco/Puno Tour: August 27 to September 6, 2018 (11 days + 1)
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DAY 0 (Sunday, August 26, 2018): DEPART FROM LA TO LIMA

Your journey to the ancestral land of Perú begins in Los Angeles by taking the 2:00 pm flight to Lima (suggested flight,) where you arrive the next day at 4:50 am.

DAY 1 (Monday, August 27, 2018) – DEPART FROM LIMA TO CUSCO

You arrive in Cusco at 6:15 am. The Inca Empire, or TahuanTinsuyo, was the largest and most ancient empire on the American continent. Cusco was its imperial seat, considered the "navel of the Inka world." This city is located high in the Andes Mountains at 11,200 ft. above sea level and was built in the form of a Puma, regarded as the sacred gate keeper of the middle world or Kay Pacha. We’ll join our first group at the hotel in Cusco. This will be a slow and relaxing day giving us time to better acclimate to the higher altitude and adjust to our Andean Mountain surroundings. After lunch, we walk around the hotel to get familiar with the local banks, the money exchange places and stores. You have the rest of the evening to relax until we meet for dinner. Lunch is included. We spend the night in Cusco.

Cusco Airport

Cusco: The City of the Puma

Optional: Private rooms for additional cost might be available depending on availability.
DAY 6 (Tuesday, August 28, 2018) – CUSCO CITY TOUR

This morning we visit the best representation of the shrines and temples (called Huacas in Quechua) of the Inca spiritual pilgrimage network or ceque system. First, we go to Tambomachay referred to as the “Baños del Inca” or Inca baths. Tambomachay was a site for ritual bathing of the higher nobility, believed to have been used on ceremonial occasions to worship the element of water. From here we go to Qenko which contains an astronomical observatory, used to measure time, to establish the seasons, determine the solstice and equinoxes and as a shrine to worship the Sun, the Moon, Venus and the stars.

Next, we visit the magnificent Sacsayhuaman (The Royal House of the Sun,) forming the head of the sacred puma. This site looks like a fortress and contains bastions, watchtowers, houses, worship sites, roads, aqueducts and storehouses. Every winter solstice, Sacsayhuaman holds the reenactment of the “Inti Raymi” or "Fiesta del Sol," which was the biggest, most important spiritual festival dedicated to the Sun God

Spiritual Practice: We'll experience a ritual of “rebirth,” as we walk through the birth canal of Pachamama.

Last, we go to the temple of Qoricancha, one of the most important Inca temples in Cusco, dedicated also to the Sun God. It is a masterpiece of the Inca architecture, built during the time of the Inca Wiracocha, and later embellished by the Inka Pachacutec. The Qoricancha represents the genitals of the puma and was the focal point of major religious activities. Breakfast and lunch are included. We spend the night in Cusco.

Optional: Go to Centro Qosqo de Arte Nativo (School of Cultural Art) at 6:30 pm to watch indigenous dances. Tickets are $10.00

DAY 7 (Wednesday, August 29, 2018) –PISAC MARKET & URCO: CEREMONIES WITH THE PAQ’OS

Today we go to the sacred Valle Sagrado de Los Inkas, formed by the Vilcanota/Urubamba River valley and extending between Calca, Lamay, Pisac and Ollantaytambo. First, we visit the famous Pisac Market Place, where every day, artisans and indigenous merchants of many towns come to trade their products consisting of colorful textiles and clothing, ceramic goods, musical instruments, beautiful jewelry, produces and more!

After lunch, we travel to Urco, built during the time of the Inca Lloque Yupanqui. The most important part of the site is the mystical sanctuary of Wiracocha, called Waka de Teqsi Wiracocha. There is a snake carved in the rock which body and head serves as a canal to carry water that descends from the mountain Qan Qan. Here we participate in a ritual with the Amaru (the anaconda,) symbol of personal power, the creative powers of nature and the hidden power of the underworld.
Spiritual Practice: A Despacho ceremony and Karpay transmission will be also offered by the beloved Paq’os of the Q’eros Nation.

Despacho is an offering to honor Pachamama (mother earth) or the Apu kuna (mountains.) It is composed of natural items such as carnation flowers, coca leaves, candies, figurines, etc. Karpay is the transmission of energy seeds into the energy body that will flourish and prayed over, according to your commitment to self-growth. It is a bestowal of the power of the Andean lineage. Breakfast and lunch are included. We spend the night in Urubamba.

Note: Donations of money or goods are welcomed to be given directly to the Paq’os.

DAY 8 (Thursday, August 30, 2018) – OLLANTAYTAMBO, AGUAS CALIENTES & MACHU PICCHU!

“Machu Picchu can be termed as an ancient and timeless “Light Temple” …Machu Picchu is a multidimensional prism of sorts that refracts the light into full spectrum and then uniquely absorbs and disperses it a higher dimensional “coded” format...The energy of this Portal Temple...is a major contributor to the global chakric center of Lake Titicaca, supplying heart and crown energy.” - James Tiberonn.

Ollantaytambo

Sacred Machu Picchu

This morning we visit the impressive Archeological site of Ollantaytambo, which was built during the time of Inca Pachacutec. The spiritual life of the Inca and his people can be observed in the carved face of Wiracocha (The Creator God,) a Water Temple or Incamisana, formed by a complex of water channels and eight fountains - being the “Bath of the Princess” (Baño de la Ñusta) the most impressive one – the Intihuatana or Sun Dial Stone, the Temple of the Condor, an unfinished Temple of the Sun and much more.
Next, we take the train to Aguas Calientes, where we’ll have lunch. This afternoon we visit Machu Picchu. Sacred Machu Picchu (Old Mountain) is situated at 7,900 ft. above sea level, overlooking the Urumbamba River. Built in the time of Pachacutec Inca, it is considered one of the Wonders of the Modern World.

The most important structures at Machu Picchu are the Temples dedicated to the Sun, to Pachamama, to the Condor, the Temple of Three Windows and the Intihuatana. The Intihuatana (Hitching Post of the Sun) was an astronomical observation device used to determine the precise periods for different festivals and celebrations of importance in the Inca religion. Breakfast is included. We spend the night in Aguas Calientes.

**Spiritual Practice:** We’ll facilitate an Andean visualization/meditation to activate the sacred heart.

### DAY 9 (Friday, August 31, 2018) – MANDOR WATERFALLS – RETURN TO CUSCO

This morning, after breakfast, we take a gentle and pleasant walk to the Mandor Waterfalls, about one hour from Aguas Calientes. We will enter the cloud forest and see many different types of flowers along the way, especially many varieties of orchids in a wide array of colors, as well as coffee plants and banana trees. Butterflies and, birds are generally quite plentiful, most notably hummingbirds which are present in various sizes. At the end of the trail are a few waterfalls, some of which are about 40 feet (12 m) tall.

![Mandor Waterfalls](image1.jpg) ![Aguas Calientes](image2.jpg)

We return to Aguas Calientes for lunch with an opportunity to do more shopping at the Market Place. We take the early afternoon train to Ollantaytambo. Breakfast and lunch are included. We spend the night in Cusco.

### DAY 10 (Saturday, September 1, 2018) – FREE DAY IN CUSCO

Today is a relaxing day to visit more places in Cusco and do more shopping. We suggest you visit the fantastic main square - The Plaza de Armas, representing the heart of the Puma. Within the Plaza, you can visit and attend the morning mass at The Cathedral, a magnificence church built after the invasion of the Spaniards in 1664 over the Palace of the Inca Wiracocha. You will admire the colonial goldsmith and woodcarving work, as well as a valuable collection of canvases from the Escuela Cusqueña (Academy of Cusco.) In the Artisan Zone, you can appreciate and buy special arts and crafts from local artists. You can also get a massage in town. Breakfast is included. We spend the night in Cusco.

**Optional:** Private healing sessions with the Paq’o can be arranged. Payments are made directly to them. We can also go to a local venue in the evening to listen and dance at the rhythm of Latin-American music.
DAY 11 (Sunday, September 2, 2018) - SACRED VALLEY: SOUTH CIRCUIT & PUNO CITY

From Cusco, we travel to the Circuit of South along the Sacred Valley, on our way to Puno City. We stop at the city of Andahuaylillas to visit the Church of San Pedro, also known as the “Sistine Chapel of the Americas,” built in 1580. The interior is an explosion of Baroque art with altars of wood carvings and gold. It also has great quantity of decorations and beautiful paintings of the Escuela Cusqueña.

Next, we go to Raqchi, an Archeological Site built in the 15th century and considered one of the most audacious Inca constructions. Here we’ll visit the astonishing “Wiracocha Temple.” According to ancient chroniclers this temple was built by Inca Wiracocha in homage to the Superior Invisible God of the Andean people: "Apu Kon Titi Wiracocha.” It is said that the culminating Coronation Ritual of the Incas was performed here.

Wiracocha Temple

We’ll have lunch in Sicuani and continue to Pukara town, famous for its pottery, especially the well-known “Toritos de Pukara” (Little Bulls of Pukara.) It also offers the "Museo Litico” (Stone Museum,) displaying a selection of anthropomorphic monoliths, zoomorphic sculptures, ceramics, and other objects from the PuKara pre-Inca Culture.

We’ll make a quick stop at La Raya Pass (14,000 ft. above sea level) which is the border between Cusco and Puno. Here you’ll be able to see the famous Chimboya Glacier where the Amazon River is born. Breakfast and lunch are included. We arrive in Puno City in the early afternoon. We spend the night in Puno.
DAY 12 (Monday, September 3, 2018) – PUNO: SILLUSTANI AND DOORWAY OF ARAMU MURU

Puno is located on the Andean plateau at 11,745 ft above sea level and dominated by the presence of Lake Titicaca, a sacred place for the Incas with both natural and artificial islands. Today we visit the Archeological Site of Sillustani (12,795 ft. of elevation), from the Colla culture, an Aymara speaking community. Sillustani stands on Lake Umayo (Enchanted Lake,) which reflects the clarity and stillness of the water, offering a time for contemplation and meditation. The circular towers or Chullpas, were the pre-Inca and Inca mausoleum for the nobility. This location is a powerful energy vortex that most people can sense.

**Spiritual Practice:** We’ll do a ritual with coca leaves to harmonize some of the aspects of duality (yanantin) of the matrix of creation.

![Chullpas of Sillustani](image1)

![Doorway of Aramu Muru](image2)

After lunch, we visit a huge “stargate” called the Doorway of Aramu Muru, or ‘Gate of the Gods,’ located in the Hayu Marca mountain. This is a pre-Incan rock structured considered an interdimensional gateway to the spirit world. According to Inca legend, Aramu Muru was a Lemurian Spiritual Master, who brought the Sun Disc, known as the “Key of the Gods of the Seven Rays” to Lake Titicaca. This disc opened the doorway to higher dimensions of existence. We’ll do a ritual on both sacred places. Breakfast and lunch are included. We spend the night in Puno.

**Spiritual Practice:** We’ll do an energetic exercise and a Karpay transmission.

DAY 13 (Tuesday, September 4, 2018) – LAKE TITICACA: UROS AND AMANTANI ISLAND

“Lake Titicaca, is energetically balanced, it is neither male, nor female...It contains proportional levels of both, and as such the potency, the harmonic and the harmony. Therefore, the consciousness of this vortex will balance any human that is in imbalance... Lake Titicaca is a potent battery for both, receival and transmission of those attuned higher dimensional energies required for the ascension of this planet.” - James Tiberonn.

Today we enter deeper into the sacredness of Lake Titicaca, located on the Altiplano (high plane) of Perú and Bolivia. This is the world’s highest navigable lake at 12,400 ft. above sea level. To the Aymara, Lake Titicaca means “the sacred center of the world.” This lake is their natural and spiritual home and one of the most peaceful places on Earth, providing solace, healing and balance.

We travel via motorboat to the Uros Islands. A group of about 70 man-made “totorá” reed islands form the home of the Uros tribe, a pre-Inca civilization. They’ll share their ancient practices and traditions and their simple way of life. Colorful textiles and other goods will be offered to purchase.
Next, we go to **Amantaní Island** located at 12,500 ft above sea level. A major electromagnetic lay line called Wirachocha’s Route, intersects the island running from Bolivia to Perú. Pre-Columbian residents usually built their cities, temples and holy places on electromagnetic convergence points to benefit from the highest vibratory frequency. We spend the night in Amantani with the families of this island. Breakfast, lunch and dinner are included.

**NOTE:** There are no hotels in this island, therefore we'll arrange a homestay with a local family offering us an authentic cultural experience. Private rooms are limited and can be requested when we arrive.

**DAY 14 (Wednesday, September 5, 2018) - AMANTANI ISLAND: PACHATATA/ PACHAMAMA TEMPLES**

The inhabitants, which belong to the ancient Aymara culture, believe that the temples are more than 4,000 years old. After a relaxed breakfast, we visit the **Temple of Pachatata**, dedicated to the *Divine Masculine aspect of the Universe*. This is a pre-Incan temple, built during the Tiahuanaco culture. Here many people experience a sense of clarity, centeredness, inner strength and connection with the higher self. Next, we walk to the **Temple of Pachamama**, located ½ mile from the other temple. This construction has a round shape indicated that was dedicated to the *Divine Feminine aspect of the Universe*. Here many people experience a deeper sense of beauty, love, nourishment and connection with the earth.

Both temples have a very different energy and still, they complement each other as the union of opposing yet interdependent energies. This principal of "complementary opposites" is called Yanantin in the Andean tradition, and is equivalent to the Yin and Yang principles. We spend the last night in Amantani. Breakfast, lunch and dinner are included.
Optional: For the ones who prefer not to walk this long path (moderate to strong) in high altitude, we can rent the only two horses in the island, depending on availability. A good idea is to take turns in riding the horses, which are always handled by the owners. The cost is approximately $15 to $20.

DAY 15 (Thursday, September 6, 2018) - RETURN TO PUNO CITY: TO JULIACA AIRPORT

Today is our last day in Amantani. This is a relaxed day and after breakfast you have time to explore more of this magical island. We have our “farewell lunch” in the island, where we will share our impressions and honor our time as a family. In the early afternoon we return to Puno City, where you have some time to do last minute shopping and to retrieve your luggage from the hotel. We go to the Juliaca Airport to take the flight back to LA at 7:55 pm. Breakfast and lunch are included.

Puno Cathedral

Juliaca Airport

DAY 16 (Friday, September 7, 2018) – RETURN TO LOS ANGELES AND SACRAMENTO

Today, you depart from Lima at 2:00 am, arriving in Los Angeles at 9:00 am. You leave LA Airport in the next available flight to return to your final destination.

* Itinerary could be subject to change: Due the remote areas we are traveling to, weather, bad roads and other unforeseen situations, which may cause us to make changes in the schedule or to visit different sites. We understand if this happens, Pachamama will guide us where she wants to take us!