

MAGICAL PERU

October 8-17, 2022

With Optional Extension

GALAPAGOS ISLANDS

October 17-22, 2022

For single Jewish travelers in their 50s & beyond

(As of 7/14/2021)



Peru is a land of mysteries, legends, and ancient cultures. Step into the past as we discover traditions that people have preserved and still practice today. Surround yourself with impressive landscapes: from the arid desert and sand dunes on the coast to the snow-capped mountains of the Andes. Indulge in gourmet meals featuring unique fruits, different types of potatoes, and exquisite chocolates. Join us as we encounter culture, adventure, and nature in this enchanted land - our experiences in Peru will become memories of a lifetime.

Elevation: *In our higher elevations, you may experience a mild side effect or two such as dry mouth, small headache, or mild shortness of breath when walking. There is also a possibility of not acclimating well and having more considerable side effects. It may be in your best interest to speak with your personal care provider to ascertain your best approach.*

Taking logistics and pace of tour under consideration, the tour is designed with as much acclimatization as possible without extending the tour additional days (we have planned a short descent after our first ascension, before going to the highest elevations; from 9,000ft to 8,000ft before going to 11,000ft). Strategies to stave off effects of high altitudes:

- *drinking lots of water*
- *being a non-smoker*
- *limiting caffeine and alcohol for a few days prior*
- *increase potassium levels (eat a few bananas or take a supplement)*
- *aerobic training*

Day 1: Saturday, October 8, 2022: OUR JOURNEY BEGINS

- Depart the USA on an overnight flight to Peru.

Day 2: Sunday, October 9, 2022: ARRIVAL IN PERU

- Arrive in **Lima, Peru** and transfer to our hotel to check in and get settled.
- For those who arrive early, choose to join an **optional Colonial & Contemporary City Tour** of Lima this afternoon (additional cost). On this tour we'll enjoy the historical center, adorned with colorful colonial architecture around the **Plaza San Martín**. In the main square, **Plaza de Armas**, we see the Government Palace, the Cathedral, and the Municipality. Then we visit the **San Francisco Monastery** and discover its underground maze of tunnels and catacombs. Finally, we head to Lima's contemporary districts, **Miraflores and San Isidro**, that combine beautiful parks, such as **El Olivar** and **Parque del Amor**, shopping centers, and modern architecture.
- This evening, we begin our program with a festive **welcome program and orientation** followed by a **group dinner** at a local establishment.

Overnight in Lima

Day 3: Monday, October 10, 2022: LIMA TO THE SACRED VALLEY (elevation 9,200 ft)

- Breakfast and check out of our hotel.
- This morning, we begin our culinary adventure at a typical **Peruvian market**. As we walk through the colorful stands, we learn about local products and how they are used and prepared. We awaken our taste buds and try some of over 30 different fruits grown in different regions of Peru. Finally, we head to a beautiful rooftop terrace, roll up our sleeves, and **cook an authentic Peruvian meal** from scratch. Together, we discover the dishes' origins. We end our experience by enjoying our self-prepared meal together along with our host chefs.
- This afternoon, we transfer to the airport for our flight to **Cusco**.
- Upon arrival, we transfer to our hotel in The Sacred Valley and check in.
- We enjoy **dinner** together this evening.

Overnight in The Sacred Valley

Day 4: Tuesday, October 11, 2022: THE SACRED VALLEY

- Breakfast at our hotel.
- This morning, we visit the Andean community **Amaru** and learn about the Andean textile processes. Upon arrival, we enjoy local music and witness a **mystical Andean ritual** that has prevailed for centuries in honor of Pachamama (Mother Earth), the sacred goddess and giver of life, and the Apus (Spirit of the mountain). The ceremony gives thanks for life, health, family, the abundance of crops and for the wellbeing of oneself and others.
- Then, along with the members of the community, we participate in the process of collecting flora and fauna used to dye wool as we learn about the local textile weaving process. Discover the different meanings of specific patterns that are made from sheep shearing, yarning, dyeing, and weaving.
- We end our visit with a delicious **lunch** prepared with the best regional ingredients.
- This afternoon we enjoy some time at leisure.
- Optional activities include
 - a visit to a local “**Chicheria**” (a small family-owned bodega) to meet the owners and learn about the cultural secrets of corn beer (extra fee).
 - a visit to a **Cerveceria del Valle** (craft brewery) to tour the plant and have a tasting (extra fee).
- “Follow the leader” dinner option will be available tonight, or feel free to make plans on your own.
 - Optional evening activity: Visit to the hotel’s **planetarium** and learn about southern constellations and how the Inca used it to manage their agriculture (extra fee).

Overnight in The Sacred Valley

Day 5: Wednesday, October 12, 2022: MACHU PICCHU
(elevation 8,000 ft)

***Machu Picchu** is on every traveler's bucket list: it is undoubtedly one of the "must-see" archeological sites in the world. The most remarkable site from the Inca Empire was never found by the Spaniards and was only "re-discovered" during the 20th century. Since then, archeologists continue to investigate, excavate, and reconstruct the ancient city that used to serve as a political, religious, and administrative center. Temples, agricultural terraces, and archeological observatories enclose a history and a mystery that go back thousands of years.*



- Early breakfast and check out of our hotel.
- We board the train and enjoy the stunning Andean views filled with small communities and snow-capped mountains in the **Sacred Valley**. When we arrive at **Aguas Calientes**, the small village nestled at the bottom of **Machu Picchu**, a short shuttle ride takes us up to the ancient citadel. While exploring these vast ancient ruins, we learn about the Inca civilization, the site's discovery and the different theories about the mysteries of its archeology.
- After this exciting day, we take the bus back down to Aguas Calientes, board the train to Ollantaytambo, and drive to our hotel in Cusco. Your luggage will already await you there.
- "Follow the leader" dinner option will be available tonight, or feel free to make plans on own.

Overnight in Cusco

Day 6: Thursday, October 13, 2022: EXPLORING CUSCO (elevation 11,000 ft)

- Breakfast at our hotel.
- This morning we enjoy a **Cusco City Tour** in the **Plaza de Armas** and visit the impressive renaissance-style Cathedral. We make our way through small alleys edged with Incan walls until we reach **Koricancha**, the temple dedicated to the sun "Inti". Believed to be the most important temple for the Incas, it was destroyed by the Spanish conquerors in the 16th century.
- As we continue our journey into the past exploring many of the different Inca ruins around Cusco, we visit **Sacsayhuamán**, the Inca ceremonial fortress dedicated to the sun. Nearby, we head to **Qenqo**, a temple carved in a gigantic monolith with tunnels and chambers that were hand carved by men thousands of years ago. We also visit the **Puca Pucara** fort, an important military checkpoint for the Inca Empire. We conclude at the **Tambomachay** Inca Baths to learn about the aqueducts and channels allowing the water to flow naturally.
- Tonight, we enjoy a **folkloric dinner show**, featuring "**Pago a la tierra**" a mystical Andean ritual that has prevailed for centuries. Discover the Peruvian history and landscape through every dish while enjoying colorful traditional, fabled dances that explore the country's culture.



Overnight in Cusco

Day 7: Friday, October 14, 2022: CUSCO TO PUNO (elevation 12,500 ft)

- Breakfast and check out of our hotel.
- On our full day journey from Cusco to Puno, we will stop at several interesting sights, reaching the highest point at **La Raya** (14,000 ft). We will visit the **Andahuaylillas Church**, considered the Sistine Chapel of the Americas because of the artwork that was discovered inside, and will also explore the **Raqchi ruins**; the best-preserved and only adobe ruins that rest on an Inca rock base.
- Next, we stop in the town of **Pucará** that is renowned for its pottery and the Toritos de Pucará: colorful hand-painted bulls. We visit the **Museo Lítico de Pucará** (Pucará Stone Museum) and appreciate objects from this pre-Inca civilization.
- Enjoy **lunch** at a local restaurant.
- Upon arrival in Puno, we check into our hotel.
- This evening, join us for a **Shabbat kiddush** at the highest elevation you've likely ever worshipped, followed by an included **Shabbat dinner** at a local restaurant.

Overnight in Puno

Day 8: Saturday, October 15, 2022: EXPOLORING LAKE TITICACA

Lake Titicaca is nestled in the Andes Mountains on the border between Bolivia and Peru. It is the largest lake in South America and the highest navigable lake in the world. Untouched by time, the highland cultures still fish in the ice-cold water, navigate on traditional reed embarkations, and harvest their crops by hand. To this day, their languages, traditional arts, beliefs, and customs have prevailed. Believed in legend to be the birthplace of the sun, Lake Titicaca is a unique experience to not be missed during your adventures in Peru.

- Breakfast at our hotel.
- Today, we depart for the **Uros islands** that literally float on Lake Titicaca, the world's highest navigable lake. We meet resident families dressed in traditional and colorful outfits that will welcome you and show you their homes, boats, and islands made of reed. Every year, they replenish the islands with a new layer of reed and continue to maintain the Aymara language and other traditional ways of living.
- We continue to the island of **Taquile** and see the elaborate pre-Inca terraces, unpaved roads where there are no cars, electricity or locally created pollution. Together, we learn about the people's **unchanged lifestyles** for thousands of years and their unique traditions based on community collectivism.
- We enjoy **lunch** together on Taquile Island.
- Tonight, we enjoy a **farewell dinner** together before heading onto our next journey tomorrow.

Overnight in Puno

Day 9: Sunday, October 16, 2022: FAREWELL

- Breakfast and check out of our hotel.
- On our way to the airport, we drive to the archaeological site of **Sillustani**. The impressive necropolis offers fantastic views on the shores of Lake Umayo. Sillustani is a pre-Inca cemetery with chullpas. These aboveground burial towers are distinguished by a base that is narrower than the top. The Colla culture and following cultures like the Incas mummified and buried deceased noble families inside.
- Arrive at the airport and check into our flight to Lima.
- Upon arrival in Lima we connect to our international flight home.
- We arrive home later today and start packing for our next Best-Day Adventure...OR...



STAY FOR AN OPTIONAL EXTENSION TO THE

GALAPAGOS ISLANDS

Day 9: Sunday, October 16, 2022: PUNO TO LIMA

- Upon arrival in Lima we are met and transferred to our hotel for check in.
- “Follow the leader” dinner option will be available tonight, or feel free to make plans on own.

Overnight in Lima

Day 10: Monday, October 17, 2022: LIMA TO QUITO

- Breakfast and check out of our hotel.
- This morning, we transfer to the airport for our flight to Quito.
- Upon arrival, we enjoy a **panoramic sightseeing** tour of the city of Quito. During our visit, we will see Independence Square, with the Government and the Bishops Palace, as well as the Cathedral.
- We simultaneously stand in the northern and southern hemispheres, which can only be done here: at the **Middle of the World Monument**. During the 18th century, Charles Marie de la Condamine’s scientific expedition marked this exact spot and established the Equator’s position. Today, an active colonial town surrounds the monument. At the **"Inti Ñan" Museum**, learn about Ecuador’s ancient cultures, their customs, and their way of life.
- Afterwards, we visit with members of the **Jewish Community** of Quito and learn about Jewish life in Ecuador.
- This afternoon we check into our hotel and meet up with those arriving for the Galapagos-only portion of the tour.
- We join together for a brief orientation of the next portion of our tour before enjoying **dinner** together.

Overnight in Quito

Day 11: Tuesday, October 18, 2022: SANTA CRUZ ISLAND

- Breakfast and check out of our hotel.
- Today we take a flight to the Galapagos Islands and arrive at **Baltra Island**. From the airport we will take a bus to the **Itabaca Canal** where we head by ferry to the **Island of Santa Cruz**.
- Upon arrival, we will explore the **highlands of Santa Cruz**. We will have the opportunity to take pictures of the **Twin Craters**, a magnificent site connecting Puerto Ayora to Baltra. The vegetation of this area is dominated by Scalesia Trees, which make the site a beautiful green landscape. We will visit a **lava tunnel**, a fun and geologically informative visit.
- We enjoy **lunch** together in the highlands.
- This afternoon, we’ll explore the **Charles Darwin Research Center**. Over 200 scientists and volunteers are active in the conservation and research projects for the most famous resident of the Galápagos: the **Giant Tortoise**. We saunter around the impressive giant prickly-pear cactus forest visiting the baby turtles that are cared for until they can be repatriated. We learn about the tortoises’ different life stages: from incubation, hatching, and growth .
- Tonight, we enjoy **dinner** at a local restaurant.



Overnight on Santa Cruz Island

Day 12: Wednesday, October 19, 2022: EXPLORING THE GALAPAGOS ISLANDS

- Breakfast at our hotel.
- Today we enjoy a **full day boat excursion!** Depending on conditions and National Park availability, we'll visit one or two of the following islands:
 - **North Seymour** is a flat island that was uplifted from the sea by underground seismic activity. It is one of the best places to see **Blue Footed Boobies** and Magnificent **Frigate birds**. Blue Footed Boobies are found on the flat area near the coast of this island. Continuing the trail to the interior, one stumbles upon the biggest congregation of Magnificent Frigate birds in the island.
 - **South Plazas Island**, where a large colony of **sea lions** lounges daily in the equatorial sun. South Plazas also boasts excellent examples of typical **Galapaganean flora** such as the towering cacti "trees" that form the principal diet for both the land iguanas and the cactus finch. Other birds that may flutter by include **lava gulls, yellow warblers** and **red-billed tropicbirds** with their elaborate tails.
 - **Bartholomew**, a very tiny island, offers visitors one of the most spectacular views of the Archipelago. Bartholomew is located near the west coast of James, on the other side of Sullivan Bay. It is famous for its **Pinnacle Rock**, which is the representative characteristic of Bartholomew and **Galapagos Penguin** sightings. The climb to the high peak is both challenging and worth doing. On our way up, we will encounter different formations of volcanic origin including spatter, tuff cones, lava flows, and lava tubes.
 - The island of **Santa Fe** is one of the oldest islands of the archipelago. Its age and isolation have allowed several endemic animals to evolve, including species of **land iguana**, rice rat and gecko. On the northern coast, we will visit Bahía Barrington, a small tranquil bay, where we can observe green **sea turtles** and **spotted eagle rays, brown pelicans, and blue-footed boobies**. We can also see Nazca boobies and magnificent **frigate birds**. **Sea lions** are the most obvious sight on Santa Fe Island, with 2 large colonies on the beaches and pups playing readily with snorkelers in the bay. Other underwater encounters can include marine iguanas, sea urchins and different species of fish.
 - **Dragon Hill**; located on the north western side of Santa Cruz Island named for the various colonies of **land iguanas** which inhabit the island. After a dry landing at a dock, we will go for a short walk that takes us to a hypersalinic (saltier than the ocean) lagoon behind the beach, often frequented by **flamingos, common stilts, pintail ducks** and other species of birds. There is a short walk to the hill, which rewards with a great view of the bay with Rabida Island in the west and Santa Cruz Island in the east. Many of the **Iguanas** that nest here have been repatriated by the **Charles Darwin Research Station**.



Each of the islands has its own significant beauties to offer and regardless which we'll visit, we will definitely enjoy our stay! **Lunch** is included on board.

- After this exciting day, we return to our hotel to refresh and an evening on own.
- "Follow the leader" dinner option will be available tonight, or feel free to make plans on own.

Overnight on Santa Cruz Island

Day 13: Thursday, October 20, 2022: ISABELA ISLAND

- Breakfast and check out of our hotel.
- Early this morning, we take a boat to **Isabela Island**.
- From Puerto Villamil, we walk the 1-mile trail through different ecosystems until we arrive at the **Giant Tortoise Breeding Centre**. Here, we learn about these endemic creatures and their different life phases: reproduction, breeding, and development. Get up close and personal with giant tortoises and understand how the center is helping to protect and recover the species.
- We visit the **Flamingos' pools**, or Pozo de los Flamingos, and get up close with these beautiful, bright pink birds that adorn the lagoon's shores.
- From Puerto Villamil, we take a short boat ride to a small rocky islet known as **Las Tintorerías**, one of the island's most beautiful sites. Here, **sharks** can be seen lurking in the lava canals. Observe **marine iguanas** and playful **sea lions** on the sandy beach. We have the chance to **snorkel** and explore the underwater world filled with colorful fish, sea turtles, and much more.
- We continue to our hotel for check in.
- "Follow the leader" dinner option will be available tonight, or feel free to make plans on own.

Overnight on Isabela Island

Day 14: Friday, October 21, 2022: EXPLORING THE VOLCANO

- Breakfast at our hotel.
- Today we explore the **Sierra Negra Volcano**, which is the largest of the Galapagos Islands. It is located south of Isabela Island, between the Alcedo and Cerro Azul volcanoes. We walk up to the crater and appreciate the native plants and unique landscapes. At the top, the views are spectacular, and we can see fumaroles inside the crater.
- **Lunch** is included at a typical hacienda.
- We return to our hotel this afternoon for a little leisure time on own.
- This evening, join us for a **Shabbat kiddush** Galapagos style, followed by an included **Shabbat Farewell dinner!**

Overnight on Isabela Island

Day 15: Saturday, October 22, 2022: FAREWELL

- Breakfast and check out of our hotel.
- Early in the morning, we take the boat back to Santa Cruz Island and transfer to Baltra airport and catch our flight to Quito.
- Upon arrival, we connect with our International flight home.
- We arrive home later today and start packing for our next Best-Day Adventure!



The Memories Last Forever!!

**Itinerary subject to change*

**Rates subject to change pending the release of the 2022 internal flight schedule*

Photos provided by South American Tours