



Discover Peru ~ Discover Yourself
A Woman's Way Retreat
Saturday, May 23, 2009 - Tuesday, June 2, 2009

Peru . . . where centuries past and present day are softly blurred. Where seasons, not seconds, mark the passage of time. A place of spectacular scenery, preserved beauty and mysterious places. Peru is an environmental masterpiece of diversity -- arid coastal deserts, farming oasis, quaint fishing villages and the Amazon basin. The tall Andean Sierras where the mystery and intrigue of the ancient Inca Empire still lies. Machu Picchu ruins, laying quietly undiscovered beneath dense foliage for thousands of years until somewhat recently discovered in 1911.

Peru boasts one of the most spectacular ruins in the world—Machu Picchu—reason enough to journey to this incredible country. But Peru offers so much more to the adventurous traveler. After meeting in Lima, we travel to the continent's oldest continually inhabited city, Cusco, with its narrow, lively streets and foundations of original Inca stonework. From there we journey by van and train through the Sacred Valley towards Machu Picchu, visiting the largely unknown ruins of Moray, the salt pans of Maras, the market in Pisacs, and a sampling of Andean life along the way.

A hike on the Inca trail or along the Urubamba River provides incredible views of the mountains surrounding Machu Picchu before we spend a day touring the site. We end with a day back in Cusco to shop at the market and visit a small volunteer project near town, before flying back to Lima and onward home.

While there will be ample time for exploring the Peruvian sites and the exhilaration of hiking the Inca Trail, a focus of this trip will be on using this outward journey to spark an inward passage. From the moment you arrive at your first hotel until you pack to leave on June 2, experienced facilitator, Karen Ely, will lead you on a quiet exploration back to yourself. Sitting in the quiet of these ancient, spiritual sites, you'll use journaling, meditation, and special exercises to move you back into your old life in a new, more authentic way.

Saturday, May 23: Arrive in Lima and transfer to La Hacienda in Miraflores

We meet in Peru's capital, the colonial city of Lima, and transfer to the lively Miraflores section of the city. Known as the city of kings, Lima was founded in 1535 by Francisco Pizarro and is one of the very few South American cities that preserve the colonial past. La Hacienda, our home for the night, is a modern hotel situated just a few blocks from the lively center of Miraflores, with its shops, nightspots, and sidewalk cafes. Those arriving early may choose to add a tour of colonial Lima including the cathedral, dating from 1654; the main square, which still houses the original bronze fountain built in 1650; and the San Francisco Convent and its catacombs.

- Arrive in Lima and meet the group at the Jorge Chavez International Airport

- Transfer to La Hacienda hotel, Miraflores (half hour)
- Overnight La Hacienda in Miraflores (www.bwlahacienda.com)

Sunday, May 24: Morning in Miraflores, flight to Cusco, explore the ancient city

After breakfast at our hotel, we will have plenty of time to get acquainted for our opening circle before departing for our flight to Cusco. On our two-hour flight, we climb away from Lima and over the rugged Andes mountains, before beginning our descent to Cusco, the continent's oldest continually inhabited city and an archeological wonder. Dating back to the 12th century, Cusco's narrow streets are lined with buildings with Inca stonewalls forming their foundations. The streets hum with life, and as it is an international travel destination, you'll see travelers from around the world mixing with bustling local life. Cusco sits at an elevation of almost 11,000 feet, requiring us to take it easy for the first afternoon while we acclimate. But this won't stop us from an exciting day! We'll transfer from the airport to our hotel, the perfectly located Casa San Blas, situated two blocks from the main square. After a welcoming drink of the local coca tea to help us acclimate, we'll venture out into the city to view the cathedral and the main plaza before enjoying dinner at a local restaurant that is a favorite of Cuzquenos.

- Opening circle, breakfast at hotel
- Afternoon flight over the Andes to Cusco leaving at 1:30pm, arriving Cusco 4:00pm
- Transfer to hotel and check-in
- Dinner at Pacha Papa
- Closing circle after dinner
- Overnight Casa San Blas in Cusco (www.casasanblas.com)

Monday, May 25: Full day to explore Cusco and the nearby Inca ruins

Today we'll spend the entire day exploring the fascinating city of Cusco and nearby Incan ruins. After breakfast we'll walk to a few of the city's most fascinating sights. We'll then venture outside the city to two or three of the Inca ruins outside town. The ruins include Sacsayhuaman overlooking the city of Cusco, a pre Inca architectural masterpiece; Kenko, a rock sanctuary whose main attraction is the monolithic altar representing a puma; the red fortress of Puca-Pucara; and Tambomachay. After the tour, we'll return to Cusco with time to explore the city or relax for an hour before dinner.

- Opening circle, breakfast at hotel
- Walking tour of the city
- Lunch at a local restaurant in Cusco
- Incan sites outside Cusco: Sacsayhuaman, Kenko, Puca_Pucara; and Tambomachay.
- Dinner
- Closing circle after dinner
- Overnight Casa San Blas in Cusco (www.casasanblas.com)

Tuesday, May 26: Travel through the Peruvian countryside to visit the unique ruins of Moray and the salt pans of Maras

After breakfast at our hotel and our morning circle, we will depart mid-morning by van toward the Inca site of Moray. This is a unique and fascinating ruin; a fabulous amphitheatre

of terracing that the Inca used for agricultural experimentation by taking advantage of the microclimates produced by the varying altitude to breed new varieties of their crops. We'll spend about two hours here, including a picnic lunch, with plenty of time for reflection and journaling.

After Moray, we'll travel on to the salt pans of Maras. The salt pans are an unforgettable site—people from Maras have diverted a salt-laden spring coming out of the hillside, evaporating the water to collect salt, as their ancestors have done for centuries. We'll walk among the salt pans, witnessing a scene largely unchanged from Incan times.

From there we will drive about an hour to the town of Ollantaytambo, nestled in the Urumbamba Valley, and the Pakaritampu Hotel, our home for the next two nights. Before dinner at the hotel this evening, we'll have the chance to gather in the common room in front of the warming fire with a glass of wine and share our thoughts on the day.

- Morning circle at Casa San Blas or perhaps on the main plaza
- Visit to the unique Incan terracing site of Moray; quiet time and journaling
- Visit to the salt pans of Maras
- Dinner
- Overnight Pakaritampu Hotel in Ollantaytambo (www.pakaritampu.com)

Wednesday, May 27: Shopping at the market in Pisac and tour of the Ollantaytambo ruins

This morning we'll have time to enjoy the hotel grounds, or to walk into town, before heading out to visit the bustling market at Pisac. The market will provide the opportunity to shop for alpaca sweaters and tapestries, and perhaps to try your Spanish language bargaining skills!

From there we will have lunch at the Sol y Luna hotel, where the peaceful setting offers views of the surrounding Andes mountains and relaxing grounds for quiet journaling. After lunch, we'll head back to Ollantaytambo and visit the ruins on the edge of town. The ruins are well worth the guided tour that we'll take for the next hour as our guide explains the last undefeated bastion of the Incas.

- Morning visit to the market in Pisac
- Lunch and journaling/quiet time at the Sol y Luna hotel and restaurant
- Guided tour of the Ollantaytambo ruins in the afternoon
- Dinner and overnight in Ollantaytambo with time to explore the town

Thursday, May 28: Train to Aguas Calientes and hikes around Machu Picchu

This morning we have an early wake up and breakfast at 6:45 in order to catch the train headed to Machu Picchu. Our hotel is well situated; we're only a five-minute walk from the train station, where we'll catch the train at 8:15. We'll ride the Vista Dome train, taking in stunning views of the mountains all around, with snowcapped peaks in the distance as we slowly lose elevation and head into high altitude cloud forest. Our destination, the Machu Picchu gateway town of Aguas Calientes, is reachable only by train or air and is nestled among stunning steep mountains shrouded in cloud forest.

We have two exceptional hiking options today. The first is the Royal Inca trail, for which we depart the train before reaching Aguas Calientes. This is a six-mile, fairly strenuous hike with

a 1500-foot climb to the ruins of Wiñay Wayna, where we will stop to have lunch. The remainder of the trail is flat or mostly downhill to Machu Picchu; arriving at the Sun Gate gives us the sense of entering the fabled lost city the same way the Incas did centuries ago. Although we'll pass through Machu Picchu, we'll wait until tomorrow for our tour of the ruins; today we'll take the bus down to Aguas Calientes and our hotel for the night.

The Inca Trail is tightly regulated, and hiking it requires advance notice of at least 3 months, and often more in the high season. For those people not signed up in time to hike the Inca Trail, or those who want a slightly shorter trail, we offer a second option. For this alternative hike, the Mandor waterfall, we'll stay on the train until it arrives in Aguas Calientes at ten o'clock, check into our hotel, and meet for our hike at 10:30.

This second option takes in the astounding scenery from ground level. From Aguas Calientes, we'll walk out of town along the road, and then pick up the railroad tracks that follow the river when the road ends. From here we view the steep mountain cliffs all around, jutting straight into the sky far above. After about an hour along the river we'll turn away from the river and head up a side stream toward the Mandor Waterfall. Although we are hiking in the Machu Picchu sanctuary, there are some homesteads scattered throughout, and as we get away from the river we pass through an orchard with fruit trees before transitioning into cloud forest. About 20 minutes later we reach the waterfall, with a small pool nearby that allows a quick swim before or after our picnic lunch. We'll then retrace our steps back to town, with a total hiking time of about three hours.

Both of the hikes will allow us to return to our hotel in time to explore the town or simply relax at the hotel. We will meet back at the hotel as a group before venturing out for dinner.

- Morning Vista Dome train ride to Aguas Calientes leaving at 8am
- Option for a hike to the Mandor Waterfall or the Inca trail
- Dinner in town
- Closing circle after dinner
- Overnight Hanaq Pacha Hotel (www.hanaqpacha.com)

Friday, May 29: Tour of Machu Picchu and free time in Aguas Calientes

Yesterday we enjoyed fantastic views of Machu Picchu, today we see the ruins up close in our half-day guided tour. Machu Picchu was built by the Inca Pachacutec, and is comprised of stone blocks fitted with masterful precision to create structures that harmoniously blend into the mountain landscape. This fabulous city has houses, temples, warehouses, and a large central square, all connected by narrow roads and steps, and is surrounded by terraces cut into the mountainside, which were used for agriculture. The setting is stunning—no photos that you have seen do it justice. We'll rise early to arrive at the ruins before the day-trippers, experiencing the ruins in quiet and relative solitude. After a three hour tour we'll break for lunch, and then we are free to further explore the ruins on our own, hike a trail behind the ruins that gives an amazing panoramic view of the ruins, or go back into town.

- Early morning departure for Machu Picchu—no opening circle but have quiet time later in the day
- Three hour guided tour of the ruins
- Picnic lunch at the ruins and quiet circle

- Afternoon additional time for wandering the ruins, hiking above Machu Picchu, or enjoying the town
- Dinner and closing circle
- Overnight Hanaq Pacha Hotel (www.hanaqpacha.com)

Saturday, May 30: Free morning in Aguas Calientes, then afternoon train back to Cusco

After two days with lots of activity, we'll be ready for a quiet morning and some free time. Our train back to Cusco doesn't leave until 3:30, so this morning and early afternoon we'll have the option to enjoy the town, hike the Mandor waterfall trail, or go back to Machu Picchu. Lunch and dinner will be on our own today.

Later in the afternoon, we'll meet and catch the train back to Cusco at 3:30. We'll arrive back at the Casa San Blas in Cusco around 7:30, and walk through town to dinner at 8:00.

- Free day to hike the Mandor waterfall trail, or for the very adventurous the Putukusi Peak hike, enjoy the town, or go back into Machu Picchu
- Late afternoon/evening transfer back to Cusco by train and van
- Closing circle
- Overnight Casa San Blas in Cusco

Sunday, May 31: Cusco and visit to the Casa Azul project

Today we will explore a different side of Peru and have a chance to give back to the country that has hosted us for the past week. We'll travel to the Casa Azul project, which is a volunteer program supported by Aventouras and their partner company in Peru. We will drive 30 minutes to the small village of Oropesa, close to Cusco yet virtually unknown to the world. The Casa Azul project, run by UNPADS (Union for Social Development) and other volunteers from Cusco, began construction in 2006. UNPADS' primary goal is to assist children and teenagers living on the streets of Cusco and other villages. "La Casa Azul" (The Blue House) will house 20 children between the ages of 10 to 18 years of age. The House will be more than just an orphanage, however, as it will provide vocational training in addition to food, housing, parenting, and healthcare. Volunteers from across the globe and local Peruvians have combined efforts to see that this project benefits those in need. Hopefully during our visit we will be able to assist them in realizing their goal.

After lunch at the Casa Azul project, we will drive back to Cusco for a free afternoon and dinner at a restaurant that supports other projects working with Peruvian children.

- Opening circle, breakfast at hotel
- Morning visit to local Cusco market
- Visit to the Casa Azul project, lunch there
- Free afternoon in Cusco
- Dinner in Cusco

Monday, June 1: Cusco – Lima

After a final free morning in Cusco, including lunch on our own, we'll catch the last flight out of the city back to Lima. Because most flights from Lima back to the US are overnight, we'll have several free hours in Lima. We'll leave the airport for a final group dinner and some

time to relax before saying goodbye to Peru and boarding our planes for our flights home. Any guests who prefer to stay overnight and catch the morning flight (at this time there's just one, an American Airlines flight through Miami that leaves around 6am) will have the option to arrange a final night in Miraflores and a transfer back to the airport in the morning.

Tuesday, June 2: Home

Flights will arrive in Houston, Miami or Newark early in the morning, with connecting flights onward. Most guests will get to their home airport by noon or early afternoon at the latest.

Offered by A Woman's Way in partnership with Aventouras

A Woman's Way, the country's premier women's retreat program located in Sedona, Arizona, offers year around personal growth retreats for women. For the first time, A Woman's Way is offering an extraordinary cultural retreat adventure through the Colorado-based company Aventouras.

Aventouras is not your typical travel company. Specializing in immersing active travelers in authentic experiences in ways that benefit the people and places they visit, they seek out unspoiled destinations, create one-of-a-kind itineraries, and connect travelers with local people, engaging them in exotic landscapes and cultures.

You will receive a pre-departure packet from A Woman's Way, including your reservation payment receipt and confirmation, detailed information about the area, a packing list, suggestions for preparing for your trip, a guest questionnaire, information on pre/post trip arrangements, and liability release forms from both A Woman's Way and Aventouras.

Activities

This retreat includes several active days with hiking and visits to Incan ruins and markets. We recognize that not all guests may want to take part in all activities. The walking tour of ruins near Cusco wouldn't normally qualify as a level of activity needing mention, but when the walking is at over 11,000 feet elevation it becomes a workout! We'll drink coca tea to help with acclimation. (See note about elevation below.) There are two hiking options near Machu Picchu, ranging from a fairly strenuous six mile hike to a flat but scenic option. These are described in more detail in the day-by-day description.

A note about elevation

This retreat is at high altitude, with many activities taking place between 8,000 and 11,000 feet elevation. Altitude affects people differently, and being fit does not appear to make much difference. We take this high elevation into account for all activities and allow plenty of opportunities for shortening or opting out of activities. We strongly suggest that for the first few days participants avoid alcohol, eat lightly, and drink plenty of fluids. You'll find that coca tea is available nearly everywhere we stop and it will help you acclimate.

About lodging

A variety of lodging options will be utilized, ranging from a very modern hotel in Lima to a more traditional lodge in Cusco. All accommodations are clean and comfortable, and all have been inspected by us or by Aventouras' partner company in Peru. All have private hot water bath. While we plan to use the accommodations specified in this itinerary, changes are occasionally required due to availability of facilities. We recognize that most guests need detailed

accommodations information to leave behind with relatives, etc. We're more than happy to provide this when it is finalized, typically at least 30 days prior to departure.

Peru lodging includes:

- In Lima we stay at La Hacienda, a modern hotel affiliated with Best Western that is perfectly situated a few blocks from the center of the vibrant Miraflores neighborhood. For guests who arrive early on the first day, or stay an extra night, the hotel provides easy walking access to restaurants and sidewalk cafes, shops, and parks full of Peruvian life. (www.bwlahacienda.com)
- Our Cusco hotel is the elegant Casa San Blas, located in Cusco's artisan district. The San Blas provides easy access to the main square and is in the heart of this ancient city, but is situated on a quiet street. (www.casasanblas.com)
- In Ollantaytambo we stay at the Pakaritampu Hotel, set in a stunning location on the edge of town. It is a five-minute walk from the train station and a ten-minute walk from both the ruins and the town plaza. The hotel consists of several different buildings set amid landscaped grounds; the main lodge building has a restaurant, common room, bar, and fireplace which makes an excellent area to congregate or relax alone. (www.pakaritampu.com)
- The Hanaq Pacha Hotel is our home in Aguas Calientes, and is located in town between the Urubamba River and the railroad tracks. It is a short walk from shops, restaurants, the bus to Machu Picchu, and the train to and from Cusco. (www.hanaqpacha.com)

Fee

The fee for this retreat is \$2985.00 per person. Please note the payment schedule listed below.

Due upon registration: \$ 700.00

Due August 1, 2008: \$1,000.00

Due November 1, 2008: \$1285.00

Please Note: It is not possible to use cancellation credits from another retreat or alumni discounts to pay for this retreat.

What's included?

Almost everything, so it's easier to list what's NOT included:

- International airfare and taxes
- Airport departure tax of \$29 USD for your return flight, domestic departure tax of \$5 for each of your 3 domestic flights
- Alcoholic beverages
- Gratuities

And here is a list of what IS included:

- Nine nights accommodations as listed above, double occupancy with a single supplement optional
- Private, English speaking driver on all full days in Peru, plus transfers to and from the airport on your arrival and departure days
- Almost all meals starting with breakfast on the first morning and ending with dinner on the last night (because most flights departing from Peru for the U.S. are overnight). Two lunches and one dinner are not included in order to provide flexibility to guests.

- English-speaking tour leader throughout the trip who will be with your group the entire time, in addition to specialty guides for Machu Picchu and sites in and near Cusco
- All in-country transportation (flights, train, and van) and airport transfers
- All entrance tickets wherever applicable, for example to Machu Picchu
- A detailed pre-trip departure packet with packing suggestions, suggested background reading, and other trip-specific information.

Additional information

- Check-in: Check-in for international flights to and from Peru is usually three hours before departure. Valuable items such as camera equipment and essentials such as prescription medications should always be hand-carried on all flights to avoid loss or damage. Checked luggage should be properly labeled.
- Money: US dollars and/or credit cards are accepted in many places, and we suggest taking out a few nuevo sols at an ATM in Lima, Cusco, or Ollantaytambo (be sure to know your ATM PIN by numbers and not just letters!). If you bring US cash, we suggest you bring bills no larger than \$20, including some \$10 and \$5 bills and plenty of singles, and make sure they are crisp and clean with no tears or folds. (Your bank will provide clean bills on request.)
- Special requests: If you have any special dietary needs or any special request that will make your trip more enjoyable, please be sure to notify your trip consultant or travel agent upon booking.

Travel protection

To make your retreat even more carefree, we strongly recommend the purchase of a travel insurance plan. We will include information on the plan we recommend in the packet mailed to you in November 2008. This plan will offer comprehensive coverage and peace of mind, designed to protect you in case of trip cancellation for medical reasons, travel delays, medical expenses, accidental death, lost baggage and medical evacuation.

How do I book airfare for this trip?

Book online, call your travel agent or call Aventouras at 800-930-2846 for assistance and suggestions. They are familiar with most flight options from the U.S. and can give you suggestions as well as an idea of usual fares. Aventouras also has a partnership with a travel agency in Colorado that is familiar with this trip and can book your flight for you. Aventouras can also help you with pre- and post-retreat lodging ideas if you wish to arrive early or stay longer.

What weather conditions can I expect?

You can expect generally cool temperatures with daytime highs in the low 60s to high 70s; nighttime lows can get into the 30s. Rain showers are unlikely, but possible, as this trip is early in the dry season.

Passport and visa information

A passport valid 90 days beyond your anticipated arrival date in Peru is required, along with a tourist card (available on arrival). Currently no visas or immunization

certificates are required for citizens of Western Europe, Australia, New Zealand or the USA.

Potential changes

This itinerary details this retreat's planned activities, routes, accommodations, departure and conclusion times. However, our actual activities and sites may vary due to special events, weather, or other reasons. Therefore, we reserve the right to alter the itinerary because unforeseen circumstances that mandate change may arise. Naturally, we will keep you up-to-date on any changes that may affect your arrival or departure times.

Cancellation policy

If you must cancel your trip, you're required to notify A Woman's Way in writing. We will calculate your refund on the day we receive your written cancellation as follows:

Prior to August 1, 2008:	\$500.00 of fee paid is non-refundable
August 1, 2008 .	\$1000.00 of fee paid is non-refundable
After November 1, 2008	No refund is given

Exceptions to these policies cannot be made for any reason, including weather or personal emergencies. We recommend that you purchase trip cancellation insurance, which you will receive upon registration.

To register for this retreat

For information, or to register for this retreat, please visit www.awomansway.com or call A Woman's Way at 928.254.1897.