

Peru

Luxury experiences



Peru

Luxury experiences







Introduction

Luxury in Peru can take you by surprise. You experience luxury when the shy cock of the rock bird lets you take its picture or when you marvel at the unknown and exciting flavor of a local dish. Luxury in Peru is creative. It appears in hotels that used to be vice regal palazzos and in the powerful dances in every corner of the country. Luxury in Peru is also adventurous. It surfaces in the elegant camps pitched under the cold look of Salkantay apu or among the totora reeds growing on the shores of Lake Titicaca. But mostly, we find luxury in Peru in its stories. Each of its 24 regions keeps fascinating memories of its recent and remote past. These captivating stories evolve against the impressive backdrops of pre-colonial sites, majestic cities and untamed nature. A country that even when well-known will always have stories to tell.

This catalog depicts the luxury experiences and services found in the regions of Lima, Ica, Arequipa, Cusco, Puno, Loreto and Madre de Dios. It is comprised of four sections describing internationally certified hotels, trains and cruises; gourmet restaurants listed among the World and Latin America's 50 best; some Peruvian cultural sites and expressions included in Unesco's list of material and immaterial legacy of mankind, and a selection of exclusive excursions designed to learn the stories rising from deep inside the soul of Peru.



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Hotels, cruises and trains that have any of the following international certifications have been included: Nat Geo Unique Lodges of the World, Preferred Hotels and Resorts, Relais & Chateaux, Signature Travel Network, Traveller Made and Virtuoso.

Belmond Miraflores Park

+51 1 610 8300

www.belmond.com/miraflorespark

perures.fits@belmond.com



Overlooking the Pacific Ocean from one of the most charming locations in Miraflores, the Belmond Miraflores Park has become a hotel of choice of presidents, nobility and world renowned artists for its elegance and discreet allure. Its decoration combines classic and local details to offer an exclusive experience in the heart of the tourist district of Miraflores. The spacious and comfortable suites, a pool with the best view of all the city, the buffet breakfast at The Observatory Restaurant, the contemporary Peruvian cuisine menu at Tragaluz Restaurant and the elegantly refined Belo Bar, along with a devoted professional staff, offer a luxury standard of service to create an unparalleled experience.



Casa Andina Premium Miraflores

+51 1 213 4300

www.casa-andina.com

travel@casa-andina.com

CASA ANDINA
HOTELES

Located in the cosmopolitan district of Miraflores, the modern Casa Andina Premium Miraflores is a few steps from Kennedy Park, the Larcomar shopping center, and several of Lima's most renowned restaurants. Casa Andina Premium Miraflores also has nine spacious meeting facilities that are ideal for events of different types. The hotel is distinguished by its fine taste: a special touch is the exquisite collection of contemporary art and valuable colonial antiques which decorate both the accommodation suites and the common areas. The gastronomic service includes a variety of alternative cuisines; however, we cannot help but recommend a visit to the Alma Bar Restaurant. The guest will have enjoyed an unforgettable experience without even setting foot outside the hotel.



Country Club Lima Hotel

+ 51 1 611 9000

www.countryclublimahotel.com

reservashoteles@hotelcountry.com



Cosmopolitan, historical and unique, the Country Club Lima Hotel has written part of Lima's history. Since 1927, it has welcomed Lima's elites and international celebrities, including performing actors, writers, singers and European royalty. Staying in one of its 83 suites is a special experience; spacious, bright and featuring original art, they are unique. The award-winning Perroquet Restaurant occupies one of the most emblematic terraces of the city and is a must-stop in any gastronomic tour of Lima, while its classic English Bar mixes outstanding and irresistible Pisco Sour cocktails.

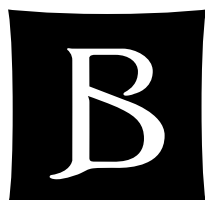


Hotel B

+51 1 206 0800

www.hotelb.pe

reservas@hotelb.pe



HOTEL B
Barranco, Lima

Along the tree-lined streets of bohemian Barranco district, rise inspiring landmarks such as Hotel B, an imposing summer residence built in 1914 by French Claude Sahut and remodeled recently by a team of sculptors and carpenters who preserved its flooring, doors, moldings and original windows. A white palazzo of high ceilings and ample windows, decorated with 300 art pieces from a private collection, Hotel B also features a vibrant bar serving as a point of departure to join and enjoy Barranco's nightlife. Its restaurant's menu combines Peruvian ingredients and Mediterranean flavors with a strong preference for seafood.



The Westin Lima Hotel & Convention Center

+51 1 201 5000

www.westinlima.com

reservaswestin@libertador.com.pe

THE WESTIN LIMA HOTEL & CONVENTION CENTER

In the heart of the exclusive finance center of San Isidro rises The Westin Lima Hotel & Convention Center, designed by internationally renowned architect Bernardo Fort-Brescia with interiors decorated by Tony Chi. The hotel has 301 rooms, event halls, and the largest urban spa in South America. The Market 770 Restaurant offers healthy foods to prepare your body for the day. The signature Maras Restaurant by renowned chef Rafael Piqueras creates a different Peruvian gastronomy experience, a true trip through the flavors of Peru's Pacific Ocean coast, Andes mountains and Amazon rainforest. An atmosphere propitiating rest and the best views of Lima complete the Westin's attractions.



Aranwa Cusco Boutique Hotel

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www.aranwahotels.com

reservas@aranwahotels.com



Located on Calle San Juan de Dios two blocks from the imperial city's Main Square, Aranwa Cusco is a 5-star boutique hotel where history, luxury, and comfort harmoniously coexist. Its elegant rooms offer an intelligent oxygen system, and its spacious bathrooms afford a spa concept with Scottish showers, whirlpool tubs, and an electric radiant floor heating system. An additional attraction: this boutique accommodation is built over an old colonial house that also doubles as a museum. Strategically divided into seven areas, the collection invites the guest on a journey back to the 16th century to listen to and visualize history through more than 300 works of art, among them valuable paintings from the Cusco School.



Belmond Andean Explorer

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www.perurail.com

belmondtrainsreservations@perurail.com



The first luxury train with overnight service in South America travels for 3D/2N through Cusco, Puno and Arequipa. After leaving Cusco, the scenic countryside takes over the windows as towns like Oropesa, the land of bakers, and the Huacarpay and Urcos lagoons are left behind. After a stop at the archaeological complex of Racchi, the landscape starts changing and the mountains shrink to make way for the Collao high plateau. Puno is reached after a magnificent view of the sun setting over Lake Titicaca. Sail the next day to the floating islands of Uros and the male knitters' island of Taquile. The train dawns by Saracocha lagoon, for a morning visit to Sumbay cave paintings before lunch in pleasant Arequipa. Other options include 2D/2N - Arequipa-Puno-Cusco and 1D/1N - Cusco-Puno and Puno-Cusco.



Belmond Hiram Bingham

+51 1 610 8300

www.perurail.com

hirambinghamreservations@perurail.com


BELMOND
HIRAM BINGHAM
MACHU PICCHU

As the Belmond Hiram Bingham's luxury cars -inspired by the elegant railway service of the 1920s- enter the lush Amazon forest jungle, its passengers traveling to Machupicchu are possessed by the spirit of the men who in the XVI century searched these lands for "El Dorado". While the train runs along the Urubamba River, passengers enjoy a live show in the observation car. The dining car serves lunch on the way to the citadel and dinner on the way back. Unlimited free (non-premium) drinks are served in the bar car. A professional guide takes passengers on their visit to Machupicchu and, when emotions subside, tea can be had at the Belmond Sanctuary Lodge, the only hotel right next to the citadel.



Belmond Hotel Monasterio

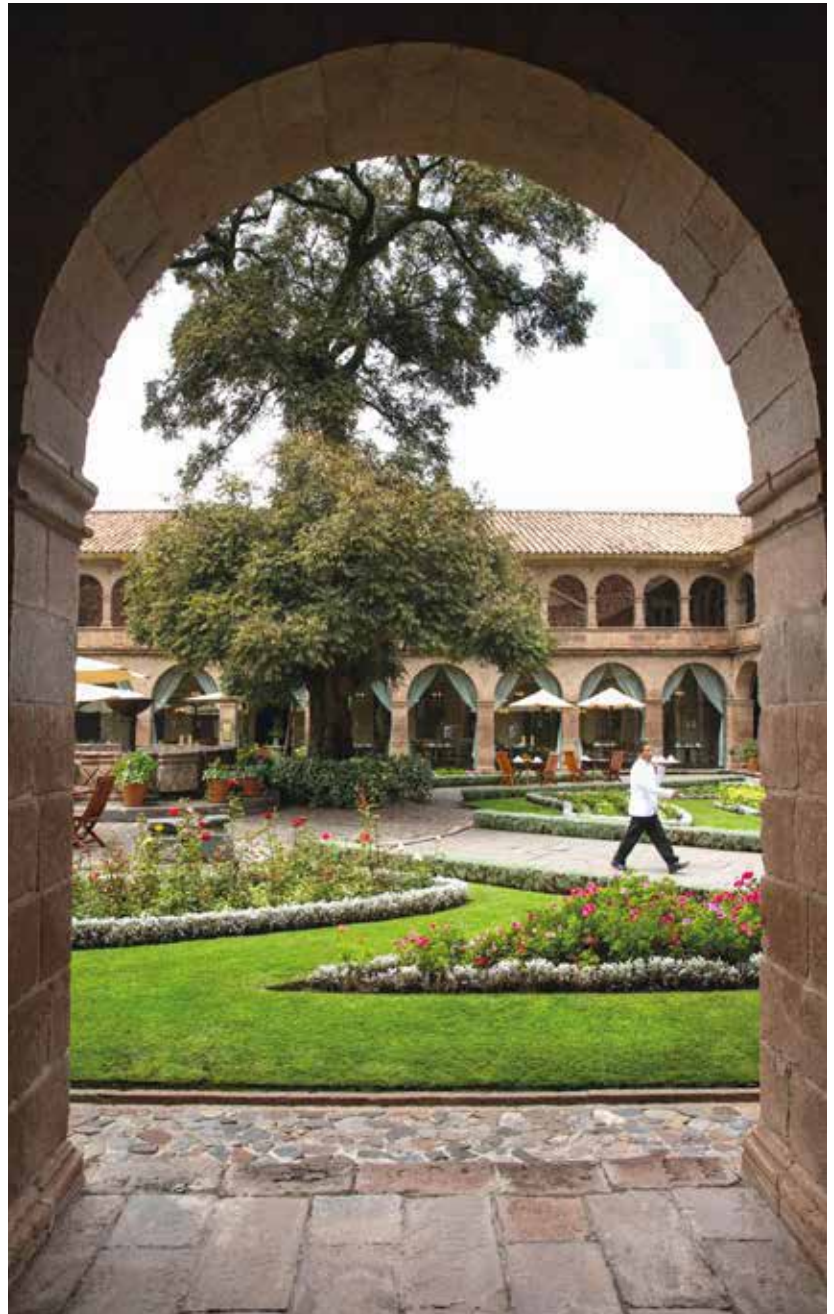
+51 1 610 8300

www.belmond.com/hotelmonasterio

perures.fits@belmond.com



The beautiful gardens of the Belmond Hotel Monasterio were, for more than three centuries, the playground of students and clerics living in the San Antonio Abad seminary school. A monastic life style still permeates the long corridors under the stone arches crisscrossing this XVI century Cusco architectural jewel. The chapel attached to the hotel where countless couples have been married and that can also be set up as an intimate event hall is a magnificent example of Cusco baroque art. Three nights a week, the Tupay Restaurant dinners are accompanied by the exquisite voices of a Cusco tenor and soprano. The DeliMonasterio bakery was among the first in Peru to bake “cronuts” spread with goldenberry jam. Its crispy breads make it worth a second visit.



Belmond Palacio Nazarenas

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Two mermaids guard the heavy wooden door of Belmond Palacio Nazarenas, a house which at the beginning of the conquest was the dwelling of Francisco de Carbajal, “the demon of the Andes”, and that later became a home for lay religious women, or beguinage, in the XVIII century. Its elegant rooms stand around seven patios with a view to gardens planted to Andean flowers with waterways running along Inca walls. Its warm outdoor pool, resting at 3400 meters above sea level, is a tempting luxury to be enjoyed at least once. For the interested, the library keeps books that belonged to the Nazarene beguinage; for sophisticated food lovers, the Senzo Restaurant creates sophisticated dishes with a local touch.



IncaRail First Class

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MachuPicchu
TRAIN
CUSCO – PERÚ

Tailormade Experiences
by **INCARAIL**

You can make your trip an experience for all the senses. Through its First Class concept, IncaRail offers you maximum on-board comfort. You begin with a magnificent gourmet menu prepared using fine organic and Andean ingredients accompanied by an impeccable selection of wines. And, of course, a welcome cocktail and a variety of cold and warm natural drinks. The new First Class places a luxury Observatory-Lounge carriage at your disposal in which you can enjoy live music, a bar that always stocks your favorite drink, and a specially designed balcony from where, comfortably seated, you can appreciate every detail of an Andean landscape that changes literally before your very eyes. An extraordinary experience for the senses that you will never forget.



IncaRail The Private

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MachuPicchu
TRAIN
CUSCO – PERÚ

Tailormade Experiences
by **INCARAIL**

Imagine the pleasant sensation of having a whole carriage just to yourself and your companions. When the comforts of the best service and the exclusivity of the company are added to the beauty of the landscape, the experience is simply unforgettable. You will be welcomed by champagne, and then offered the most exquisite tasting menu paired with the region's best wines. You will also find a free bar stocked with the most select beverages, in a carriage whose presentation and decor highlight the cultural richness of the Andes. Comfortably seated in an armchair next to a wide window that reveals the majesty of the landscape, you will enjoy a drink in good company whilst listening to the unmistakable melodies of live Andean music performed just for you—the soundtrack to this fascinating trip. It is like dreaming in company.



Inkaterra La Casona

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› **INKATERRA** ◀
LA CASONA
CUSCO - PERU

In the historic Plaza Nazarenas, a quiet corner of Cusco, Inkaterra La Casona, the first boutique hotel in Cusco, harmoniously restored by Inkaterra, features eleven suites around the main patio. Its rooms are equipped with fireplaces, wooden radiant floors and oversized bathtubs, while the hotel operates behind closed doors. In the XVI century, Spanish conquistador Diego de Almagro and in the XIX century Liberator Simon Bolivar lived in this house of stone walls and rooms decorated with colonial furniture and pre-Columbian weaving looms. La Casona's chef has created a menu that creatively combines local ingredients and a fascinating attention to details. The Yacu therapy room offers an array of ways to relax after a day of surprises in the ancient capital of Tahuantinsuyo.



Palacio del Inka, a Luxury Collection Hotel

+51 84 231961

www.palaciodelinkahotel.com

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An outstanding example of the cultural heritage of the city of Cusco, the hotel fuses the Inca archaeological legacy and Spanish colonial art. Built upon part of the most important temple of the Incas, the Qoricancha or Temple of the Sun, it served as the seat of the council of the gods of Tahuantinsuyo and resting place of the mummies of the Inca rulers, and as one of the most well-known vice regal residences of Peru, the Casona de los Cuatro Bustos. Its 203 rooms and suites feature wood carvings and hand-painted details by famous local artists. The splendid Inti Raymi Restaurant and the Rumi Bar provide ideal settings to embark on a culinary trip of Andean specialties or enjoy a superb Pisco Sour. Its exclusive spa offers the only thermal baths circuit in Cusco.



Aranwa Sacred Valley Hotel & Wellness

+ 51 84 581900

 www.aranwahotels.com

 reservas@aranwahotels.com



Built on the grounds of a 17th century colonial hacienda, Aranwa Sacred Valley Hotel & Wellness enjoys a special location on the banks of the Vilcanota River, only an hour and a half from the city of Cusco and forty minutes from the Ollantaytambo railway station—the classic route to Machupicchu. Everything is permeated by a sense of mysticism. An atmosphere which guests of Aranwa Sacred Valley Hotel & Wellness perceive from the moment they arrive. Accommodation that guarantees a privileged stay by evoking— in equal measure—colonial majesty and ancestral Inca culture.

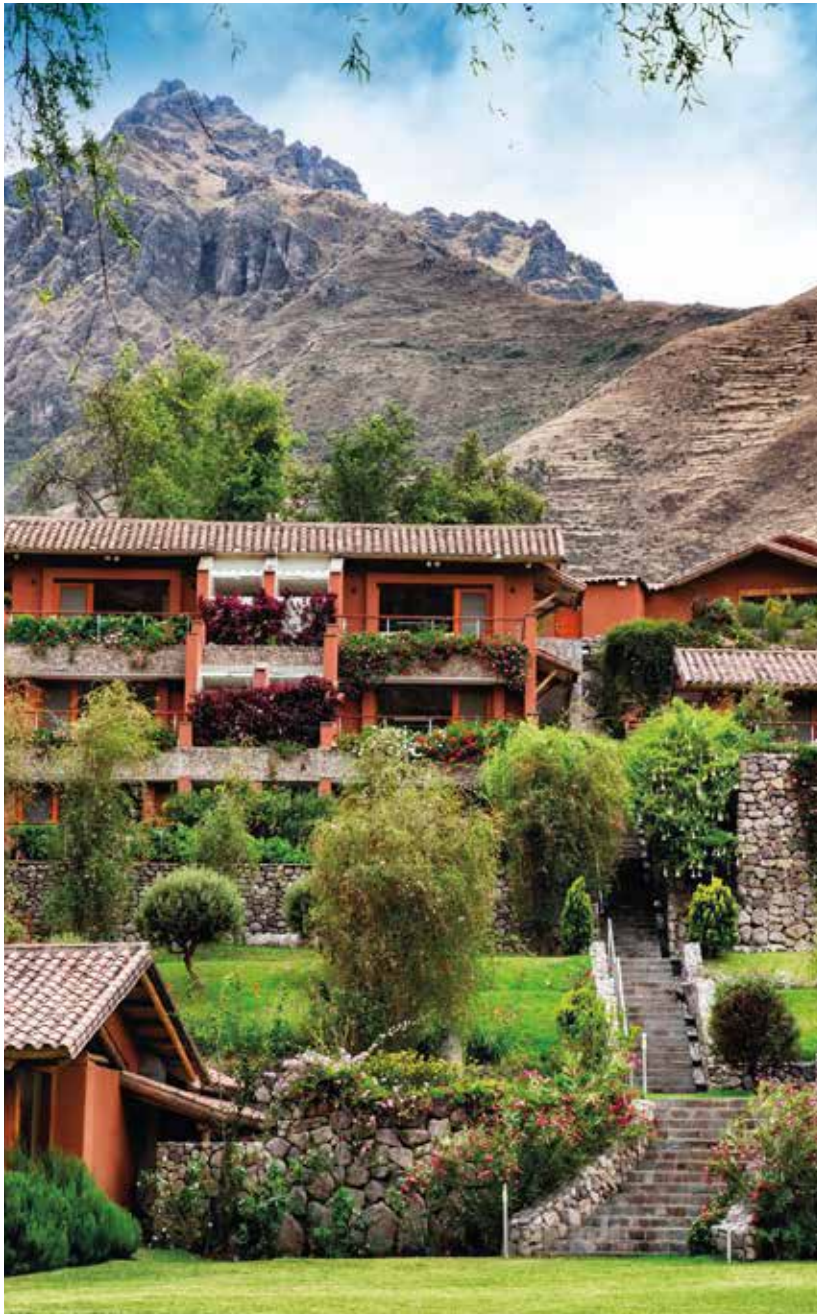


Belmond Hotel Rio Sagrado

+51 1 610 8300

www.belmond.com/hotelriosagrado

perures.fits@belmond.com




BELMOND
HOTEL RIO SAGRADO
SACRED VALLEY

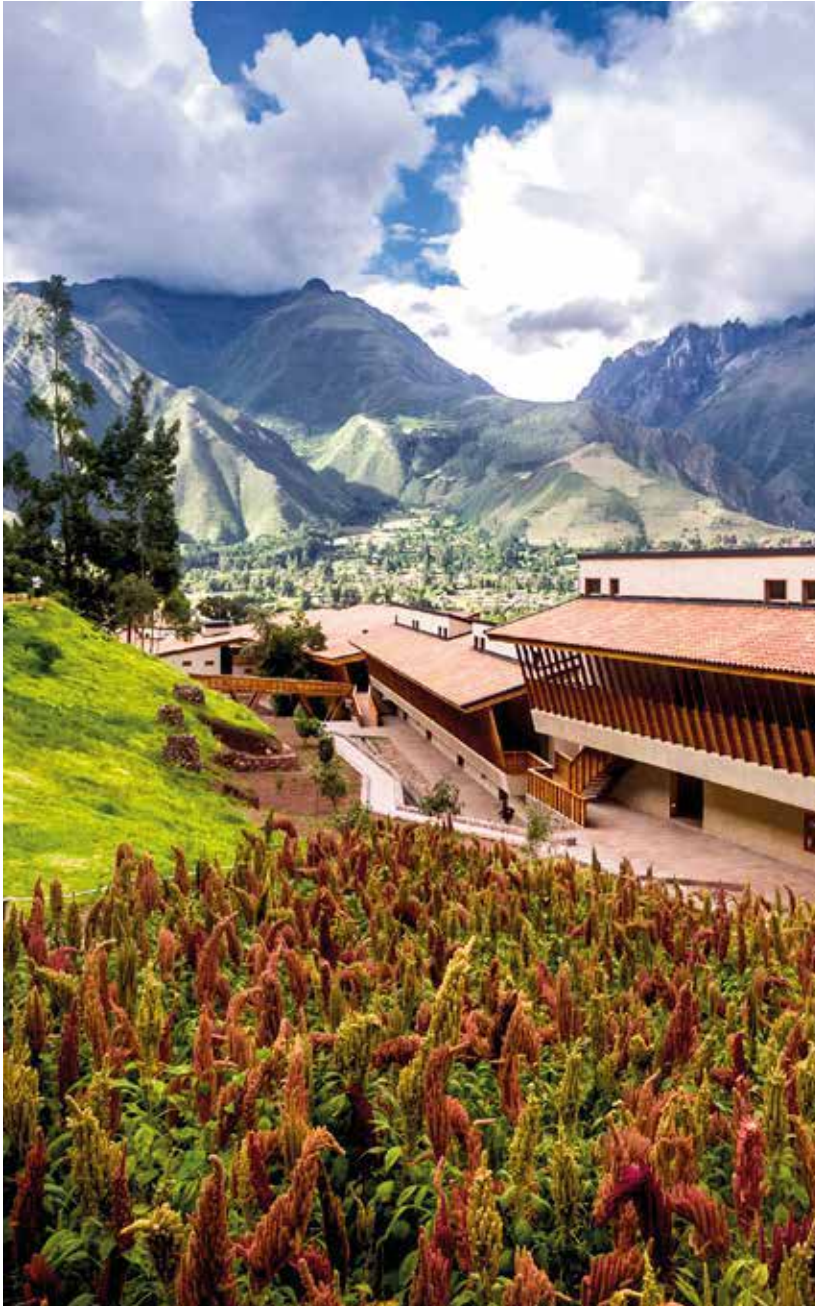
More than one guest arriving at the Belmond Hotel Rio Sagrado is surprised by its blooming gardens. In fascination, they ask for the origin of this dreamy little town where all the houses enjoy a view of the forest, the mountains and the calm Urubamba River. Outdoor BBQs and Pisco tasting, horseback riding, walks to archaeological sites and whitewater rafting are some daytime fun options. At night, kitchen creations feature organic vegetables purchased from a farmers' cooperative from Urubamba and native potatoes grown in Patacancha community. In the peak season, the Machupicchu train takes guests from the hotel's private station directly to the archeological site.

explora Sacred Valley

+51 0800 71646

www.explora.com/es/valle-sagrado-peru

reserve@explora.com



explora®

“Essential luxury” by explora Sacred Valley is a luxury option to explore a destination filled with the truly important things of life and leave behind the daily routine so nothing disturbs this magical experience. Treks start at the warm wood-paneled hotel with a stunning view of the mountains, to then walks across planted fields and towns where time has stopped sitting by deep blue lagoons, to reach Andean mountain peaks. Among the 30 possible explorations are visits to archaeological sites and natural sanctuaries or bike rides along the Urubamba River. Light and tasty meals await explorers, few of whom will resist a visit to the spa in historic Pumacahua House.

Inkaterra Hacienda Urubamba

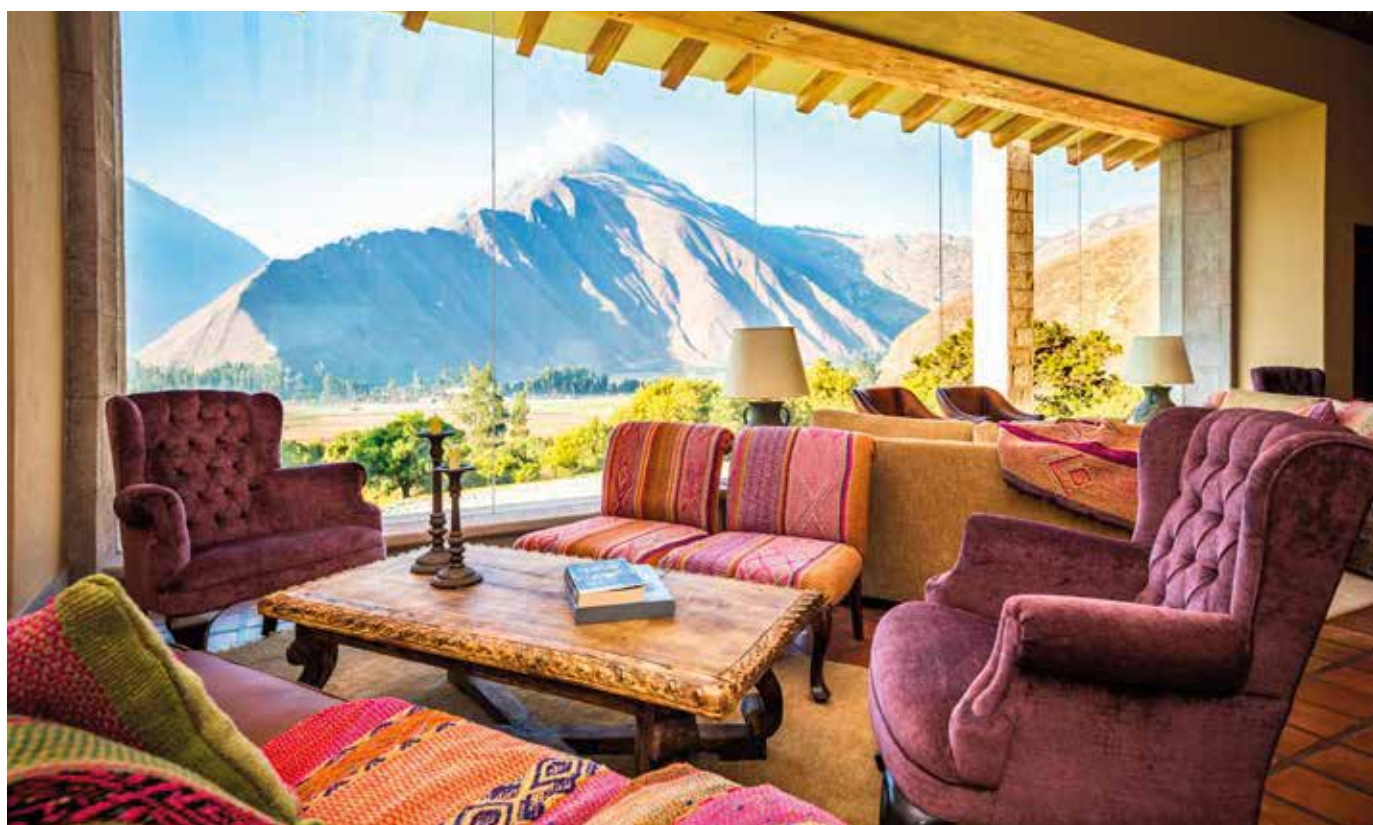
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www.inkaterra.com

central@inkaterra.com

› **INKATERRA** ›
HACIENDA URUBAMBA
VALLE SAGRADO - PERU

The Incas thought the Vilcanota valley along Urubamba river was sacred because of the bountiful crops they grew there. In this fertile valley of picturesque villages located at the foot of the mountains, stands Inkaterra Hacienda Urubamba, a vast wooden country house decorated with colonial furniture, masks and handicrafts. The hotel sitting on a property of approximately 40 hectares surrounded by imposing green mountains features 12 rooms lodged in the main house and 24 independent cabins from where guests can enjoy the bucolic landscape. A “farm to table” concept gives visitors an opportunity to harvest their own food grown in the hotel’s farm, learn Andean farming techniques and taste organic food served with any of the 420 wines kept in the hacienda’s cellar. Mayu Spa is the most recent addition inspired by the nearby Urubamba river and traditional Andean architecture. It has a rustic, elegant design and encompasses the surrounding landscape, while fusing the use of native ingredients with local wellness traditions.



Sol y Luna

+51 84 606200

www.hotelsolyluna.com

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The busiest tourist area of the Sacred Valley of the Incas begins in Pisac and spans the Coya, Lamay, Calca, Yucay and Urubamba towns, to end 60 kilometers ahead at Ollantaytambo, the gateway to Machupicchu. The Sol y Luna hotel offers an experience of exquisite contrasts combining health, spirituality, nature and culture near the city of Urubamba. Romantic paths take you to luxurious houses with rooms where stone, adobe and terracotta fireplaces create a warm atmosphere. Restorative treatments in its aromatic spa reconcile bodies with altitude and prepare them for new Andean adventures. Every afternoon, after lunch, a horse show entertains guests during a tasting session of fine selected wines. The profits of the Sol y Luna hotel fund a charity by the same name that creates educational and other opportunities for local underprivileged children.



Tambo del Inka, a Luxury Collection Resort & Spa

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www.tambodelinkaresort.com

ReservasTambodelInka@libertador.com.pe



Located in the heart of the Sacred Valley of the Incas, at a lower altitude than the city of Cusco, this hotel offers perfect conditions to acclimatize before leaving for Machupicchu from the hotel's private train station. Its 128 rooms and suites offer an unparalleled view of the surrounding scenic landscape the Incas once saw and enjoyed. Organic ingredients are grown in the premises to ensure the superb taste of great novo Andean cuisine style dishes served at the hotel's restaurant. The hotel spa's sauna, steam bath, hydrotherapy and gym, as well as its indoor and outdoor heated swimming pool, create the perfect ambiance to relax and recharge.



Belmond Sanctuary Lodge

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www.belmond.com/sanctuarylodge

perures.fits@belmond.com



It is almost impossible for anyone to wake up late at the Belmond Sanctuary Lodge, but especially anyone who the night before was aware that the Machupicchu citadel lies right next to the hotel. A good breakfast provides the energy needed for a visit without setbacks to this modern world wonder. The most vigorous may wish to climb the Huaynapicchu mountain and challenge the gaping abysses of the Incas, while others may choose a walk to Inti Punku, the Inca portal where trekkers stop to wait for daybreak after completing the four-day walk along the Inca Trail. Not a few, moved by such beauty, marry in the lush gardens of the Belmond Sanctuary Lodge with the surrounding apus (sacred mountains) serving as wedding witnesses.



Inkaterra Machu Picchu Pueblo Hotel

+51 1 610 0400

www.inkaterra.com

central@inkaterra.com

› INKATERRA ◁ MACHU PICCHU PUEBLO HOTEL PERU

In the extensive tropical gardens of Inkaterra Machu Picchu Pueblo Hotel dwells the elusive cock of the rocks, Peru's national bird, together with 214 other bird species, side by side with the largest collection of native orchids in the world, comprised of 372 species. The 83 comfortable and calm guest houses are scattered in this sample of fragile mist forest less than a kilometer away from the busy Machupicchu Pueblo. Its restaurant, overlooking the mighty Urubamba River, offers a menu of Peruvian food with contemporary touches and a wine cellar with more than 90 high-end wine labels. The lodging also provides a relaxing and spiritual experience at the Unu spa, where natural products and classic treatments combine in a mystical Andean approach.



Sumaq Machu Picchu Hotel

+51 1 445 7828 www.machupicchuhotels-sumaq.com reservations@sumaqhotelperu.com



At the exit of Machupicchu pueblo, a luxury hotel bids goodbye to all those who come to visit Peru's most well-known archaeological monument. The Sumaq lobby features replicas of pre-Hispanic looms and ceramics and colorfully upholstered chairs inviting to rest. Most rooms overlook the lush valley and majestic hills, only disturbed by the soothing murmur of the Urubamba River and, from time to time, a distant passing train. At Qunuq Restaurant guests may join cebiche and Pisco Sour tastings, request the guide of a spiritual master for their climb to Machupicchu or enjoy an Andean treatment relax session at the hotel spa.



Amazon Cruises

 www.aquaexpeditions.com

 www.delfinamazoncruises.com



The Pacaya Samiria National Reserve is called the “jungle of mirrors” because when the dark waters of its rivers reflect the clear skies above, it is difficult to tell the reflected images from the real world. Boutique cruise boats sail in the waters of this mysterious jungle, penetrating the nooks and crannies of the floodplains to look closely at the site’s lush flora and wildlife. Aqua Expeditions’ elegant *Aria Amazon* is a 16 suite boat featuring a culinary experience created by renowned chef Pedro Miguel Schiaffino. Amazon Cruises’ Delfin cruise ships are the world’s first listed by Relais & Chateaux. Its three vessels are Delfin I with 4 exclusive suites, Delfin II with 14 suites, and the new Delfin III with 22 suites.

All boat trips include wildlife sightings, canoe or kayak trips, fishing, jungle treks, visits to riverine communities, swimming with pink dolphins, beachside picnics, and other activities.

Belmond Las Casitas

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perures.fits@belmond.com



Four hours from the city of Arequipa, a terraced valley seems from afar a blanket of small green and yellow patches. In this remote kingdom of the Collaguas and Cabanas, sits a hotel of 20 discreet cottages spread over 14 hectares, hanging over the cliffs above the Colca river canyon, one of the world's must see adventure travel destinations and nesting place of the condor. Guests at Belmond's Las Casitas may spend the day touring the bio-garden that supplies the restaurant, reading a book from the library, visiting one of the nearby towns or enjoying the afternoon at the spa.



Inkaterra Hacienda Concepción

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› **INKATERRA** ◀
HACIENDA CONCEPCIÓN
TAMBOPATA - PERU

On the banks of the Madre de Dios River, Inkaterra Hacienda Concepción, an ecolodge comprising six rooms in the main house and 24 separate cabins, is the perfect starting point to discover the most intimate secrets of the Tambopata National Reserve. Local bilingual tour guides conduct excursions that ensure direct contact with jungle life, such as a boat ride in the private lake, visits to the botanical garden, excursions to Lake Sandoval (home to alligators, turtles and a large family of river wolves, the giant otters of Peru) or the Inkaterra Canopy Walkway, among others. The personalized hosting service ensures a unique experience in one of the planet's most biodiverse rainforests.



Titilaka

+51 1 700 5106

www.titilaka.pe

reservations@titilaka.pe

TITILAKA
LAGO TITICACA / PERÚ

Titilaka is a three-level hotel that stands alone on a small peninsula between two beige sand beaches. The intense midday sun may persuade some guests to dive into the cold waters of Lake Titicaca, while others head to the boat house to choose between kayaks, Canadian canoes, SUP boards and sunfish sailboats to effortlessly reach the nearby islands. In the restaurant, chef María Fe García offers a creative cuisine front lined by local products and the produce harvested in her organic garden. Titilaka's other exciting activities include visits to the Archaeological Complex of Sillustani, bicycle rides, birdwatching and an interesting circuit of colonial churches.









Gourmet cuisine

This list presents only restaurants included in the 50 Best International Ranking, in its World and/or Latin America edition

LIMA

- ámaZ / **40**
- Astrid & Gastón / **41**
- Central / **42**
- Fiesta / **43**
- Isolina Taberna Peruana / **44**
- La Mar Cebichería Peruana / **45**
- Maido / **46**
- Malabar / **47**
- Osso / **48**
- Rafael / **49**

ámaZ

+51 1 221 9393

www.amaz.com.pe

reservas@amaz.com.pe

āmaZ
RESTAURANTE

When Pedro Miguel Schiaffino first visited the prodigal Belén market, in Iquitos, he was so fascinated with the diversity of Amazonian products that he stayed five days researching the ingredients, producers and cooking styles he found there. His numerous and frequent trips to the Amazon rainforest have made him call himself an Amazon researcher and, to explore that unknown pantry even more deeply, he created āmaZ, the restaurant where he serves traditional dishes such as chicken and rice juane tamal, inchicapi –a typical chicken soup with peanuts, corn and manioc– and fried fish patarashca grilled while wrapped in plantain leaves with sweet hot chili, annatto and cilantro.



Astrid & Gastón

+51 1 442 2777

www.astridygaston.com

restaurante@astridygaston.com



Astrid & Gastón

When Astrid Gutsche and Gastón Acurio opened their Astrid & Gastón Restaurant in 1994, they offered a French menu that they were sure would seduce Lima. A few years later Acurio realized that there was, under his nose, an infinite Peruvian culinary tradition. He became its main champion. The restaurant's menu presents periods and places of that cuisine with which Gastón and Astrid fell in love, as tasting three cebiches from the XIX, XX and XXI centuries, or a cuy dim sum, the fine Andean meat. With a proposal straddling the multiple cultures of Peru's capital, the restaurant is located in the lavish premises of Casa Hacienda Moreyra, the oldest in the district of San Isidro and a Lima city icon.



Central

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www.centralrestaurante.com.pe

reservas@centralrestaurante.com.pe

CENTRAL

The “Alturas” tasting menu at Central Restaurant is a journey of flavors that begins in that rich pantry that is the Peruvian sea, rises to the cold heights of the Andes where native potatoes, oca tubers and maca are sown, and lakes offer the tasty cushuro (*nostoc commune*), and ends with the secrets of the lush Amazon rainforest, like aguaje palm fruit, cocoa related copoazú and river tiger fish. Central's chef Virgilio Martínez travels through Peru collecting unique produce for its Mater Initiative, a biological research center where he creates his restaurant's sophisticated dishes and seeks to revalue Peru's deepest roots.





FIESTA

CHICLAYO GOURMET

Chiclayo (Lambayeque) cuisine sources delicious harvests of cherry chili peppers, Pacora loche pumpkins and íllimo cilantro; delicate tasting fish like murike grouper and the guitar fish, and tender lamb fed on mesquite tree fruit. Family banquets were parties that inspired Chiclayo chef Héctor Solís to open his Lima restaurant where, to the delight of diners, he serves already legendary dishes such as hot cebiche cooked over natural charcoal, kid chirimpico, ray fish omelet, espesado (thick stewed soup), and the landmark rice with duck, a pillar of Peruvian cuisine.



Isolina Taberna Peruana

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ISOLINA

TABERNA PERUANA



Isolina's menu shows that in Lima's cuisine nothing is wasted: brain omelet, kidneys in red wine, cau cau with chicken blood sausages, liver and onions, gizzard stew and Italian tripe are some of the dishes that have amazed more than one skeptical guest. These delicacies are accompanied by typical Peruvian heavy classic cocktails: Pisco sour, chilcano and capitán, all mixed with Pisco, an exquisite grape distillate and Peru's signature spirit. The 1906 house that lodges the tavern lures the cheerful spirits ready to enjoy straightforward food next to Barranco's romantic Bridge of Sighs.



La Mar Cebichería Peruana

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la
mar | cebichería
peruana

Lima's first inhabitants settled here 10,000 years ago. In the small villages they built facing the ocean in Ancón, Santa Rosa, Ventanilla, Chucuito, La Punta and Chorrillos, they fed on fish and shellfish. A XVII century chronicler said that the fish in the port of Callao was "abundant, cheap and of quality." Although today fish is no longer as abundant or cheap, it can nevertheless be found in the superb preparations at La Mar, a contemporary cebiche restaurant with a menu that starts with classic cebiche, tiraditos and cold potato pie causas, followed by powerful fried foods such as jalea and magical soups like parihuela, to end with marine-flavored rice dishes and whole fish cooked on wood, steamed or stewed.



Maido

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The children of the Japanese immigrants who arrived in Peru at the beginning of the XX century taught the locals to eat seafood cebiche, cook fish with then unknown techniques and created a myriad of dishes such as salt-baked fish and tiradito, Peruvian sashimi in a spicy sauce. Cuisine created by Peruvian-Japanese cooks is known as Nikkei cuisine. Chef Mitsuharu Tsumura presents in his Maido Restaurant a bold interpretation of Nikkei cuisine. His tasting menu features resplendent small art works of refined Japanese technique inspired by the emblematic products and flavors from Peru and Japan.



MALABAR

RESTAURANTE

Upon his return to Peru after studies in United States and Italy, Peruvian chef Pedro Miguel Schiaffino surrendered to our country's national flavors. His travels by sea, coast, mountains and jungle captivated his senses and committed him to cook with respect for the seasons and with local communities, fishermen and local artisans. His menu includes unique dishes such as the hedgehog tamale, smoked paiche arapaima fish with red fruit sauce and pureed pituca or taro, and reinvented classics like kid braised in mesquite syrup and roasted pumpkins. The well-stocked bar has received numerous awards and every night it is among Lima's most vibrant.



Osso

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Peruvian grilled meat has not yet written its most glorious pages, although it is making a shining effort at Osso, a lauded artisan-butcher's restaurant run by Renzo Garibaldi, who fell in love with meat after taking classes with master butcher Ryan Farr. He spent three years in San Francisco (Fatted Calf), Gascogne (Baradieu farm) and New York (Fleisher's) learning about anatomy, cuts, smoking, charcuterie, grills, and to work with the utmost respect for animals. Back in Peru, he opened a butchery and started experimenting with ripening Peruvian beef and grilling sides, and caught the attention of specialized food critics and reputed diners from across the Americas.





RAFAEL RESTAURANT

Chef Rafael Osterling seeks to create timeless dishes that will not lose their magic appeal despite the passage of time and always bring back pleasant memories. Patrons are typically enthused by every time Osterling introduces new, fresh and daring cuisine. And yet, they always will return to his traditional grilled shells with lemon butter and crispy garlic, the green tagliatelli in wild mushroom sauce, and mellow rice with Northern duck braised in dark lager.







Cultural jewels

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Tangible cultural heritage

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Qhapaq Ñan, the Great Inca Trail

Tangible cultural heritage since: 2014

Altitude: 0 to 5000 masl (0 to 16 404 ft)



Kilometer zero of the Qhapaq Ñan is in Cusco's main square from where four major roads start toward the Chinchaysuyo, Collasuyo, Antisuyo and Contisuyo regions of the Inca empire or Tahuantinsuyo. Like a spider web, the road network spread across six present day South American countries. The Qhapaq Ñan not only permitted economic and cultural exchanges among the empire's chieftainships, but also was an element of their spiritual lives and growth. The Incas used the road network built by older civilizations such as the Huari and Tiahuanaco, and maintained its steps, bridges, tunnels, water channels, tambos (traveler inns), and rest stops for chasquis (the Inca mailmen). Many stretches of the Qhapaq Ñan in Peru are still intact and used by local communities.

Landmarks in Peru:

Cabeza de Vaca (Tumbes); Aypate (Piura);
Túcume (Lambayeque); Pachacámac (Lima);
Tambo Colorado (Ica);
Quebrada de Vaca (Arequipa);
Racchi (Cusco);
Vilcashuamán (Ayacucho); Huaytará (Huancavelica); Huánuco Pampa (Huánuco).

Arequipa, the white city

Tangible cultural heritage since: 2000

Altitude: 2335 masl (7660 ft)

At the foot of the Misti volcano and on the banks of the Chili River this vibrant city preserves its colonial churches and mansions built in ashlar, a white volcanic stone resplendent on moonlit nights where travelers and locals alike pay tribute to shrimp chowder and stuffed chili peppers in old style picantería restaurants that source the fruits of the city's prodigal vegetable garden in its populous markets. The city of Arequipa has been the birthplace of rebels and artists who, in Peru's direst times, made their voices heard. Arequipeños are rightly proud of the natural beauties of their region, such as the Valley of the Volcanoes and the Colca and Cotahuasi canyons; their monuments such as the Santa Catalina monastery and the Cathedral, and their wonderful cultural heritage.

Main attractions: Main square, Santa Catalina monastery, San Camilo market, Andean Sanctuaries museum, Company of Jesus compound, San Francisco church, Casa Goyeneche, Sabandía mill, Yanahuara lookout, San Lázaro district, Misti, Pichu Pichu and Chachani volcanoes.

Distance from Lima: 1 hr. 20 min. by plane



Wititi dance

Intangible cultural heritage since: 2015

Altitude: 3630 masl (11 910 ft)

Between December and February, the landscape in the communities of the Colca River valley in Arequipa blooms under the heavy rain. The old terraces are painted green, the animals give birth to young ones, and communities renew their authorities in this propitious time for love. During the ensuing festivities revelers dance the wititi, a fertility dance where men (wititi) don two polleras (Andean woman skirts) and headdresses covering their faces. The dance may have been inspired in the way Inca rulers or Sapan secretly courted Collagua women from the ancestral ethnic group of the Colca Valley.

Attractions in Colca Valley: Salinas and Aguada Blanca National Reserve, Cruz del Cóndor lookout, Collagua and Cabana ethnic villages (Chivay, Coporaque, Cabanaconde and Yanque), thermal baths, colonial churches.

Distance from Arequipa to Colca communities: 3 hrs. 30 min. to the town of Chivay



Cusco, the archaeological capital of the Americas

Tangible cultural heritage since: 1983

Altitude: 3400 masl (11 155 ft)

No trip to Peru is complete without a stay in Cusco. Until the XVI century the capital of the Tahuantinsuyo empire was located there, a city of stone and gold palaces that was home to people from the four suyos (regions) of the Inca confederation. At the foot of Sacsayhuaman fortress, Cusco later built imposing churches, spacious mansions and quiet squares. The city's luxury hotels occupy the premises of old monasteries and convents. Its restaurants serve menus prepared by the best Peruvian chefs, while eclectic nights cater to all tastes. Most importantly, it is also the starting point for visits to the Sacred Valley of the Incas and Machupicchu.

Rainy season: December-April; **Dry season:** May-November

Main attractions: Plaza de Armas, Cathedral, Church of the Company of Jesus, Stone of the 12 angles, Cusicancha, Coricancha, La Merced church, San Francisco church, San Cristóbal church, San Pedro market, Inca museum, Archbishop's museum, fortress of Sacsayhuaman, Qenqo, Puca Pucara, Tambomachay.

Distance from Lima: 1 hr. 20 min. by plane



Machupicchu Historic Sanctuary

Tangible cultural heritage since: 1983

Altitude: 2400 masl (7874 ft)



Machupicchu is one of the most impressive examples of the technical prowess and aesthetics of ancient Peruvians. A good few will climb up the hillside to the stone village before dawn to see the sun slowly paint huacas, plazas, fountains, streets, fields, deposits, and bring back to life this 15th century Inca Ilaqta. It has not been possible to determine exactly what was the function of Machupicchu. However, it could be an astronomical observatory, a center to expand the agricultural frontier or a control post between the Andes and the jungle. It is even said that it was a paradisiacal place of recreation for the Inca Pachacutec, the great reorganizer of the Tahuantinsuyo.

Distance from Cusco: 1 hr. 45 min. to Ollantaytambo train station + 1 hr. 45 min. by train to Machupicchu village.

Main attractions: Machupicchu village, thermal baths, Manuel Chávez Ballón site museum, Huaynapicchu mountain, Temple of the Moon, Inti Punku, Inca bridge, Mandor forest.

Pilgrimage to the Lord of Qoyllur Rit'i Sanctuary

Intangible cultural heritage since: 2011

Altitude: 4500 masl (14 764 ft)

The pilgrimage to the shrine of the Lord of Qoyllur Rit'i, in Cusco, mobilizes a hundred thousand people who turn a mountain hollow surrounded by apus (sacred mountains) into a tent city 4500 meters above sea level. The pilgrims must stop at 13 stations before arriving at a church that houses a Christ painted on a rock that thousands of dancers and musicians revere for a whole week. Among the main festivity characters are the pabluchas, men dressed as alpacas who maintain order among the pilgrims with the mere clicking of their slings and are responsible for carrying up to the snowcapped mountain summits the crosses of the eight nations (region-based groups of devotees) so they may be blessed by the sun.

Date: movable feast between May and June, 58 days after Easter Sunday.

Distance from Cusco: 3 hrs. to Mahuayani + 4 hrs. trek to the sanctuary

Nearby attractions: Andean Baroque Route



Q'eswachaka Inca bridge

Intangible cultural heritage since: 2013

Altitude: 3700 masl (12 139 ft)

For three days in June every year, the Quechua communities of Huinchiri, Chaupibanda, Choccayhua and Ccollana Quehue meet to renew their ties and rebuild an Inca bridge over a gorge of the Apurímac River. Each community has collected large quantities of straw to make long ropes called q'eswas that will later be joined together to form the q'eswaskas. The intertwined q'eswaskas are braided into four ropes to create the Q'eswachaka's skeleton, under the grave guidance of the chakaruwaq masters also charged to undertake the most difficult building tasks. More than a thousand villagers will usually take part in the Q'eswachaka's reparation, the thank-you ceremonies and merry-making amidst music, dance, food and plentiful drinking.

Nearby attractions: Pomacanchi, Acopia, Asnacocho and Tungasuca lagoons tour.

Distance from Cusco:
14 hrs. by land



Nasca and Palpa lines and geoglyphs

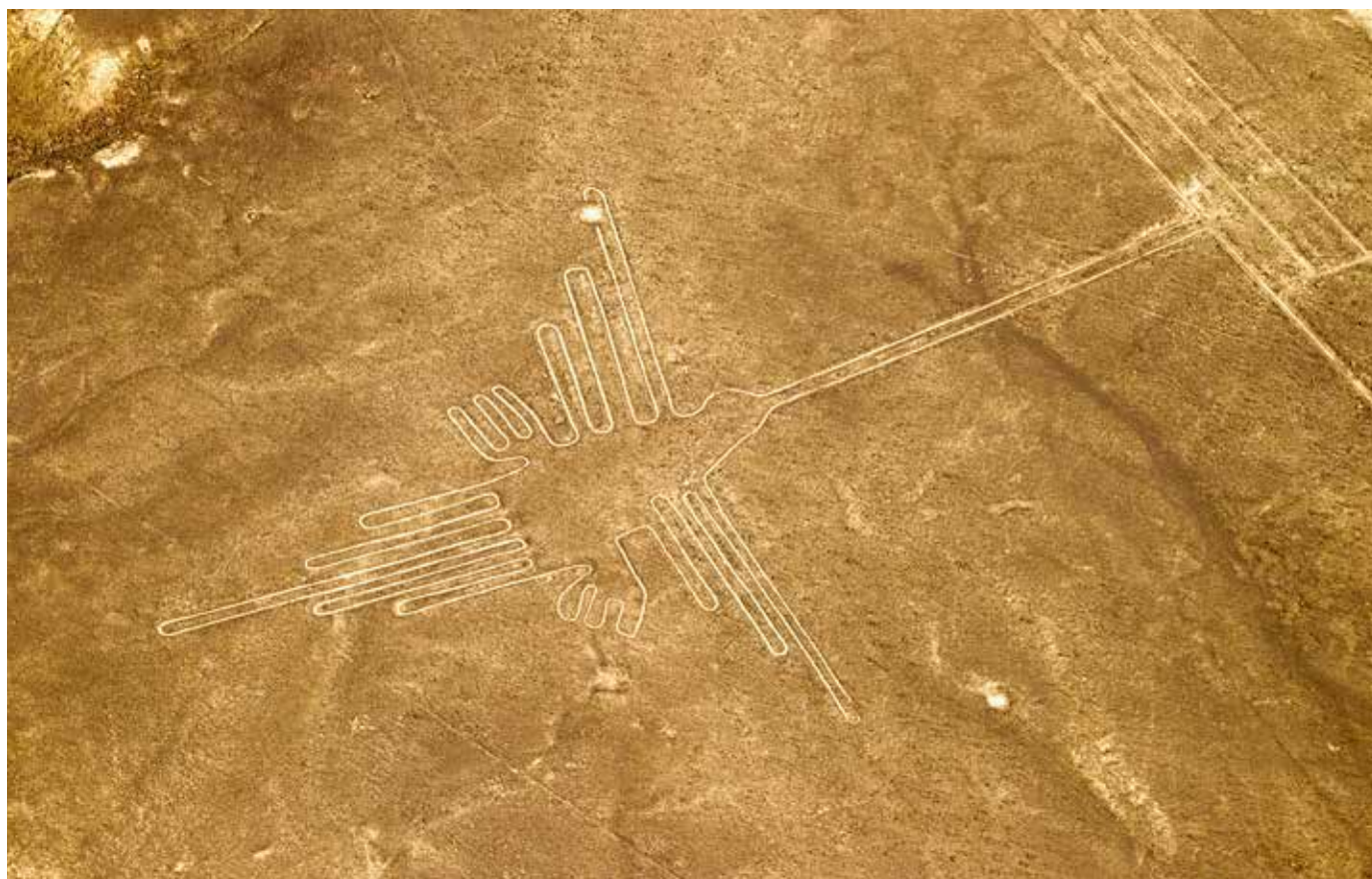
Tangible cultural heritage since: 1994

Altitude: 500 masl (1640 ft)

The Nasca and Palpa desert plains make up the rough paper where the Nasca lines and geoglyphs were drawn, between 500 BC and 500 AD. Many kilometers of lines and geometric figures intersect designs of birds, fish, mammals, insects, reptiles, plants, and anthropomorphic and fantastic beings. The 800 drawings stretching over 450 km² of hot desert sands can only be seen in their full dimension from the air. German scientist Maria Reiche, “the lady of the pampa”, studied and preserved the figures for more than five decades and figured out they were a great astronomical calendar. Archaeologist Markus Reindel has suggested the drawings marked ceremonial paths, while historian David Johnson hypothesized they were maps pointing to underground water sources.

Nearby attractions: Nasca city, Cantayoc aqueducts, Chauchilla cemetery, Cahuachi pyramids.

Distance from Lima: 460 km (286 miles), 6 hrs. by land. Charter flights available



Caral, the oldest civilization of the Americas

Tangible cultural heritage since: 2009

Altitude: 350 masl (984 ft)



Toward the end of the XX century, the pyramids and the circular plazas seen today in Caral were stone and soil hills beside the Supe River where locals passed without suspecting that, under them, a compound spanning 66 hectares and 5000 years old had been conceived and built as a gigantic calendar. The men of Caral were farmers, fishermen, artisans and musicians who played flutes, antaras and cornets. Archeologist Ruth Shady has suggested they created a thriving civilization whose society lived in community, in harmony with nature and had also rulers and governed people. Nearby are the Supe, Barranca and Huacho coastal towns, reputed for their beaches and fine dining.

Nearby attractions: Áspero and Bandurria archaeological compounds, El Faraón beach, Medio Mundo coastal lagoon, Lachay hills, Barranca ocean esplanade, and Huaura balcony.

Distance from Lima: 184 km (113 miles), 4 hrs. by land

Lima, the city of kings

Tangible cultural heritage since: 1991

Altitude: 100 masl (328 ft)



Until the XIX century, Lima was a walled city of narrow streets crowned by long balconies. Limeños were known for parading their saints' images in processions, their sensuality, endless meals, taste for board games and their fun summers in Chorrillos, a nearby seaside resort. The historic center of the City of Kings retains some of that vice regal profile as in the stately palace of Torre Tagle, the magnificent San Francisco convent, and the 1610 stone bridge, among other monuments. The Peruvian capital is today a megalopolis of almost 11 million people who fervently live by the traditions not only of old Lima, but from all over the country, and preserve their devotion to good food.

Main attractions: Main Square, Cathedral Basilica, San Francisco Church and Convent, Santo Domingo Convent, Aliaga House, Jirón de la Unión, San Pedro Church, Nuestra Señora de La Merced Church and Convent, Las Nazarenas Church and Sanctuary of the Lord of the Miracles, San Martín Square, Matías Maestro Presbytery Cemetery, Alameda de los Descalzos, Paseo de Aguas, Acho Plaza.

Taquile art of knitting and weaving

Intangible cultural heritage since: 2005

Altitude: 3850 masl (12 631 ft)

On the island of Taquile, men and women learn to weave and knit since their earliest age. Locals knit as they converse in the main square, on their way to their farms and while watching the immense blue of Lake Titicaca. For a man to be able to marry and thus share in the community's decision, he must knit his own chullo hat and, after the wedding (a week-long celebration) the new husband must weave his wife's skirt while she makes a chuspa or cloth bag with the colors of the rainbow. Each taquileño knit helps to preserve the cultural identity and the memory of this peaceful island's approximately 2000 friendly people.

Distance from Puno: 1 hr. 30 min. in speed boat

Nearby attractions: Amantaní Island, Uros man-made Island, Chucuito Peninsula (Luquina Chico Community), Puno City.

Distance from Lima: 1 hr. 20 min. by plane



Virgen de la Candelaria festivity

Intangible cultural heritage since: 2014

Altitude: 3830 masl (12 565 ft)

The celebration of the Virgen de la Candelaria is Peru's most impressive. During the first week of February, the folk dance pageant held in Puno brings together more than 100 troupes of dancers who paint their faces or hide them behind masks of animals and otherworldly beings; some still dress with feathers, others with leaves or natural fibers, but almost everybody waves large flags. Then the costumed dancing contest gathers the younger generations of Puno's energetic dancers attired in bright and colorful clothes. Throughout the feast, the powerful sound of the sikuris musicians playing zampoñas and wankaras honors the memory of the Dear Mother Candelaria, as the Virgin is affectionately called.

Date: February 1 to 14

Distance from Lima:

1 hr. 40 min. by plane to Juliaca + 1 hr. by land to Puno

Puno attractions: Cathedral, Kuntur Wasi lookout, Sillustani archaeological compound, Uros community, rural tourism in communities.



Aimara communities

Intangible cultural heritage since: 2009

Altitude: 3800 masl (12 467 ft)

Two million members of the Aymara first nation live on the Collao high plateau, a large esplanade at 3800 meters above sea level straddling Argentina, Peru, Bolivia and Chile. The Aymaras are heir to the extraordinary cultures of Pukara (200 BC - 200 AD) and Tiahuanaco (300 - 1000 AD) and share their language, elaborate traditional textile art, ancestral farming techniques, and a vast art and music legacy. UNESCO has prepared a plan to safeguard this endangered cultural legacy of the communities of Peru (Tacna, Moquegua and Puno), Bolivia and Chile to ensure it will be preserved for future generations.

Pukara archaeological compound: 104 km (65 miles) north of Puno; 1 hr. 50 min. by car



Scissors dance

Intangible cultural heritage since: 2015

Altitude: 3400 masl (11 155 ft)



Mythically, scissors dancers -known as danzaq, saqra or gala- have entered a pact with their guardian spirits to be given the wisdom and energy to perform this physically most demanding dance. The competitions between danzaqs, called atipanakuy, can last up to 10 hours during which time they perform incredible acrobatics to demonstrate their courage. In the background is heard the unmistakable tinkling of the scissors or saqra, actually two sheets of metal that are hit against each other to keep the rhythm of the harp and the violin that accompany the presentation. The dance is performed during the dry months (between April and November) in major ritual celebrations, such as the Yaku Raymi in Andamarca, Ayacucho (August 24).

Distance from Lima to Ayacucho: 1 hr. by plane



Unique experiences

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Recharge to heal body and soul

Peru is a generous country capable of dramatically and positively changing the life of those who visit. From the moment travelers set foot on this land, and even if the feeling is not yet explicable, each can attest to the truth that Peru is a cosmos that always leaves more to discover, and in which one should be guided by intuition and the desire to experience the multiple possibilities on offer. The mere act of arrival is enough for the traveler to disconnect from the dizzying stress of the outside world, enter a secret and slow-paced order, and hear that ancestral and mystical call which affords each who follows it the chance for renewal and to connect with the most inner self. Peru offers visitors a powerful energy recharge through its vast repertoire of emotions, flavors, sounds, and images, all flowing through the senses.



Authentic culinary experiences



A Peruvian cooking class in Lima, Cusco or Arequipa, is a delicious opportunity to taste the textures, flavors, and aromas of our endless food pantry and more than one secret not found in books. Typically, classes start mixing cocktails, and nothing better than a chilcano or a Pisco Sour to break the ice. Then follow the history and properties of the main produce that combine to create the flavors of Peru. The class prepares a cebiche -Peruvian style sashimi-, lomo saltado beef sauté, and other stars of Peruvian gastronomy for cooking students to enjoy on the spot.



Vice regal splendor at Casa Aliaga

The Spanish conquistador Jerónimo de Aliaga took part in the capture of Atahualpa, the last Inca, and accompanied conquistador and governor of Peru Francisco Pizarro in the foundation of Lima on January 18, 1535. Don Jerónimo was rewarded with a plot on Chieftain Taulichusco's lands to build his dwelling, next to the Pizarro's house. The mansion was rebuilt and restored repeatedly after the major earthquakes that have plagued the Peruvian capital. However, it retains details of vice regal luxury in most of its 18 rooms. It is worth noting that the Casa Aliaga is the only property in America that remains in the original family since its founding. It also offers a lunch/dinner service after a guided tour served in the dining room decorated with candelabra, wooden armchairs and an old chandelier.



MAC Lima, a modern vision

This is a museum of markedly contemporary airs, which emphasizes the importance of interaction with people for the transformation of art and society, especially through its invaluable educational workshops. It has an interesting collection of modern Latin American art, with works by Peruvian artists such as Fernando de Szyszlo, Emilio Rodríguez Larraín or Ramiro Llona. At the MAC Lima, important temporary exhibitions are also held, and it is a great platform to appreciate the work of young and consolidated artists through different media. On the terrace that overlooks its huge garden there is a cafeteria, La Bodega Verde, ideal to say goodbye to the afternoon with an infusion of Andean herbs once the visit is over.



MALI, the art of making history

This museum keeps an important part of the cultural and artistic expressions of Peru, throughout three thousand years of history. Its various rooms are dedicated to expose both archaeological pieces and works of art, on a tour that begins before the founding of the country and reaches the works of important current artists. In the Permanent Exhibition rooms almost 1200 pieces are exhibited. MALI also makes important temporary exhibits. Take a tour of the second floor, which offers everything from textiles, ceramics and silverware to photography, drawing and painting.



Museo Amano, pre-Hispanic textile art



We owe the preservation of some of our country's most valuable pieces of textile art to the Japanese patience (and diligence) of Yoshitaro Amano, a businessman with a deep love for Peru. Since its foundation in 1964, the Amano Museum has displayed one of the most complete collections of pre-Hispanic textiles. Thanks to a modern museography, today visitors to the Amano Museum can admire more than 120 textile items from diverse pre-Columbian cultures, such as Chavín, Nasca, Moche or Inca, and 460 magnificent samples of the Chancay culture. The museum's Raw Materials and Textile Tools Exhibition gives the visitor a glimpse of how the artisans of these civilizations worked and the way they engaged with the various symbols of their societies.

Gourmet evening at Huaca Pucllana



The huaca Pucllana is a seven-level truncated pyramid made of clay. It was a ceremonial center built by the Lima culture during the years 450 to 700 AD. Then between the years 850 to 1000 AD It was used to bury elite characters in the Wari Culture, and finally, between the years 1000 to 1450 AD It was an offerings and burials repository of the Yschma Culture. One of the esplanades of the monument is occupied by the terrace of a restaurant that uses native ingredients -such as palm tree hearts, golden berries, quinoa, loche pumpkins, pallar broad beans, lucuma egg fruit and cherimoya- to prepare modern cuisine dishes. In the evenings, the restaurant becomes a popular meeting point where diners can enjoy the illumination that highlights the Prehispanic structures' unique details.

Pachacamac, a sanctuary of history and pilgrimage

The Pachacamac archaeological sanctuary is the most important ceremonial center along the Peruvian coast and a must for anyone who passes through Lima, as it includes an important set of pyramids, streets and temples. The site museum, founded in 1965 and remodeled in 2016, invites us through modern and fluid spaces, to immerse ourselves in the mystery and recognition of the findings of the various pre-Hispanic cultures that were established in the sanctuary.



Pedro de Osma, vice royal charm in Barranco

Drawing from the legacy of Pedro de Osma Gildemeister, a philanthropist and great collector and connoisseur of vice royal art, this museum opens its doors to all visitors interested in discovering the special beauty and characteristics of the artistic style that predominated during the sixteenth, seventeenth, and eighteenth centuries. The building also houses works from Peru's republican period. The collections of paintings and sculptures are spread across eight rooms, which also feature representations of the so-called "arquebusier angels." The Silver Room, one of the most popular, is a standout, thanks to its displays of coins, religious items and silverware. This invaluable heritage is exhibited in the magnificent Casa de Osma, a historic French-style building of the early twentieth century, located in the cultural district of Barranco.



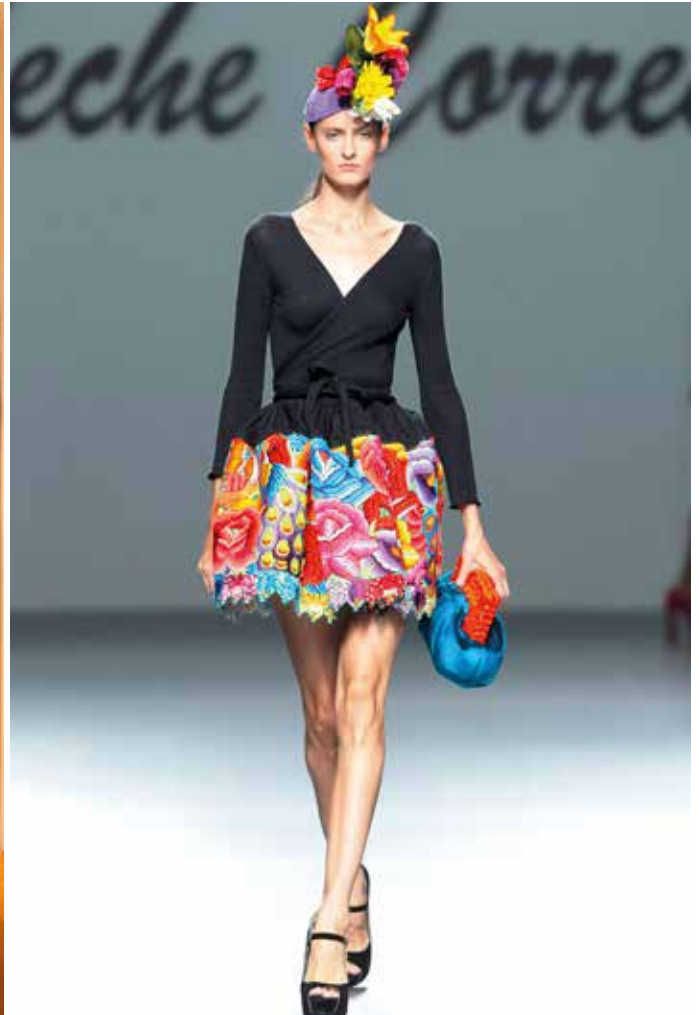
Larco Museum treasures

The Larco Museum exhibits 45 thousand objects including utensils, textiles, ceramics, sculptures, paintings and objects of gold and silver, which present an exceptional panorama of 5000 years of pre-Columbian Peru's history. Its recognized room of erotic Mochica huacos (II to VII AD) displays artifacts that show this civilization's unprejudiced life regeneration sexual rites. Also noteworthy are its visitable deposits, one of the few in the world. The museum occupies an XVIII century colonial mansion that was built on a pre-Hispanic temple dating back to the VII century. Its tranquil and peaceful gardens provide the setting of a fine restaurant serving a sample of the best Peruvian and international cuisine while enjoying a privileged view.



A journey through Peruvian fashion

The best precedent of modern Peruvian fashion is found in the fabulous designs pre-Hispanic cultures captured in clothing made with the fine plant and animal fibers of ancient Peru. Currently, Peruvian fashion is making its way internationally thanks to the excellent work of designers who are communicating the benefits of our natural fibers, such as alpaca and cotton, evoking in an ingenious and innovative way our cultural roots, adapting to the international avant-garde trends and exhibiting first-class pieces. The new generations of Peruvian designers, highly valued thanks to their dynamism and innovative proposals, are turning Peru into a progressive country, where ideas are shaped and later spread into the world.



The small history behind Machupicchu

In 1913 Yale University historian Hiram Bingham suggested Machupicchu was mythical Old Vilcabamba, the last abode of Manco Inca, the Inca leader who with tens of thousands of men put Cusco and Lima under siege in 1536. The travelers visit the citadel guided by a historian-anthropologist to not only find out that Bingham was wrong, but also to begin to appreciate the worldview of the builders of this modern world wonder. The specialist will also introduce the travelers to the principles of reciprocity, redistribution and duality that governed the Tahuantinsuyo and are still a practice in communities that were “sustainable” long before sustainability was invented.



Glamping in the Andes

Glamping is the perfect way to visit the ancient Inca roads that run across Cusco and the nature trails that line the skirts of the Salkantay glacier. A five-day walk along the trail will take glampers to Machupicchu across different altitudes ranging from 2000 to 4600 meters above sea level. They will spend the night in solar and wind-powered ecocamps or domes that use nature friendly certified products and recycle their waste to minimize the impact of heavy visitor traffic. Meal times at these exclusive camps are some of the most anticipated moments of the excursion as plates are prepared to satisfy both the gourmet and the hungriest of adventurers.



Kayaking, stand up paddle and yoga in Piuray lagoon

Waters of the Piuray lagoon are typically calm allowing to engage in water sports such as kayaking and stand up paddle (SUP). The experience begins with a yoga session on the banks of the water mirror reflecting the white summits of the Verónica, Chicón and Salkantay glaciers surrounding it. After a brief explanation, the participants don their gear and are ready to start. Piuray conditions are ideal for beginners in these water sports as there is no wind, currents or waves that will spoil their efforts to master a kayak or a SUP board. For those who want to try something more daring, yoga sessions on a SUP board are also available.



Moray, the farming laboratory of the Incas



The Incas took advantage of the large depressions in the Wañumarka foothills to build, according to Professor John Earls, an agricultural research center. Thanks to the differences in temperature between the Moray platforms -which sink like concentric rings towards the center of the conical depression- they could grow a range of different plants. On the edge of that deep circus that is the Hatun Muyu, the deepest hole of the four in the complex, an old hacienda house has provided the ground for chef Virgilio Martínez, creator of Central Restaurant, to make his most recent dream (MIL) come true. Diners can explore Andean culture through the restaurant's food prepared using seasonal and nearby valleys' produce.

Around the Salkantay glacier

The trail around the Salkantay sacred glacier or apu (6271 masl or 20 574 ft) -one of Cusco and the region's highest guardian mountains- provides the opportunity of a fantastic hike across the frigid plains of ichu grass all the way to the cloud forest, and offers the best views of the Vilcabamba mountain range. Machupicchu can also be reached on this trail. Meanwhile, the Circuit of Weavers, in Lares, north of Cusco, runs through the domains of the Verónica, Sahuasiray, Pitusiray and Chicón apus, archaeological centers, thermal baths and villages where ancestral textile and farming techniques remain alive. Several ecolodges have been built along local roads to provide comfort to trekkers.



Cusco-Puno-Arequipa Sleeper Train

The railways that run through Peru are only a part of the grid that existed at the beginning of the XX century. Today the train service that connects Cusco and Machupicchu is Peru's busiest, while one of the longest railways is the one running across Cusco, Puno and Arequipa, that can be traveled in a three-day luxury train journey. Passengers sleep in elegant cabins, enjoy sophisticated meals in the dining car and receive personal care as landscapes change from station to station. The train also features lounge car, observation and spa cars.



Visit to Huilloc community



In Cusco there are 927 peasant communities and, in many of them, communal work, or minka, is still used in public projects such as cleaning irrigation canals or repairing roads. In these communities, most members draw their livelihoods from farming the rugged lands sitting about 5000 meters above sea level (16 404 ft).

Gradually the oral traditions, rituals and textiles that keep their ancestors' history are being lost. In Huilloc -one of those emblematic towns located one hour from fascinating Ollantaytambo- the traveler can join farm work, help weave the farmers' red ponchos, walk to the Sutuq Mach'ay archaeological site, and share in the daily life of these wise Peruvians.



Wellness and yoga on the way to Machupicchu



Join a group of like-minded travelers for a full week experience of exceptional wellness and yoga practices on the way to Machupicchu. The walks, wellness workshops, and focused yoga sessions add to a unique cultural immersion with the environment and offer a holistic experience like no other. If you are a demanding and active traveler, take the opportunity to create vital and unique life moments. The starting point for this experience is a personalized local service and a high degree of commitment to social and environmental sustainability.

Getting to know alpacas



Peruvians owe so much to the South American camelids (llama, alpaca, vicuna and guanaco) that a vicuna has a place on the country's coat of arms. Their fine fibers have warmly dressed Peruvians for centuries and today they source a textile industry that prides itself on its designs. In the city of Arequipa exclusive workshops are open for visitors to learn about the alpacas and llamas that provide the raw material for shawls, sweaters, jackets, hats, gloves, suits and dresses shown on catwalks around the world. During their visit, travelers can watch traditional spinning and weaving techniques, such as how to use the waist loom.



Desert adventure

Between the Pisco and Ica rivers that cut across Peru's coastal band, there stretch 150 kilometers (93 miles) where the wind runs at ease, it never rains and not even a small spring can be seen. It is the desert where the Paracas culture (700 BC - 200 AD) -famous for its exquisite textiles and cranium trepanations- thrived. Its Morón and Huacachina oases are well known and frequented. At dusk, at the end of the day journey in fully equipped four wheel off-road cars through the colossal dunes and seas of sand, a camp awaits provided with all the wherewithal for a comfortable rest, including gourmet dining under the stars surrounded by relaxing silence.



The origin of Pisco



Pisco was born in Ica, Peru's largest grape growing region. The stony and sandy soil, combined with the mild climate, yield outstanding grape strains valued by industrial and artisanal Pisco makers. Tacama, one of the most traditional wineries, has restored a vice regal hacienda where wine, sparkling wine and Pisco tasting and making tours are possible. The hacienda's seven-meter-deep cellar is Peru's only one of its kind. Not far from there is Queirolo, another historic winery that has built a modern hotel amidst its grapevines.

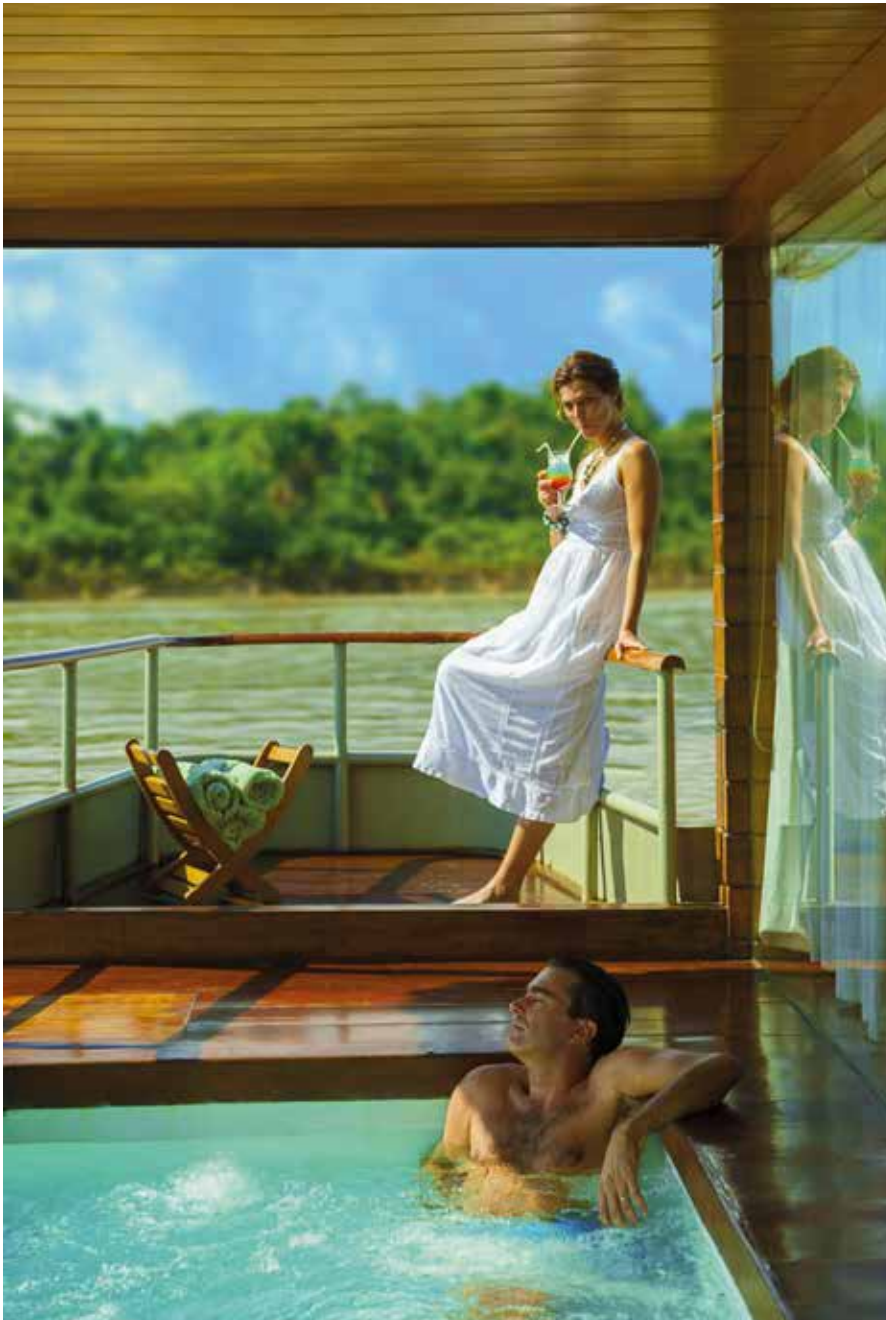


Ballestas Islands nature refuge



On a sandy slope in front of the turquoise sea of the Paracas peninsula, a trident 180 meters long known as The Chandelier is drawn. Little is known of the mysterious figure that accompanies all those who sail to Ballestas Islands. A few minutes after setting out to the sea, excursionists reach the rock formations that make up the islands, a refuge for guano birds including the Peruvian booby, and the white and dark breasted cormorants. It is also a spot favored by dolphins, sea lions and friendly Humboldt penguins. Along the voyage on a double-deck yacht, passengers are dutifully taken care of by a chef and a bartender on board.

Sunset on the Amazon



Boutique cruises run the meandering arms of the world's longest river to reach static lagoons where pink dolphins show their tails and small animals run around the tree-lined banks. A story well-known in the jungle tells us about a dolphin that turns into a handsome man on celebration nights to seduce local women. However, little is told about the female dolphin's love arts that have charmed more than one unwary man. At dusk, the shine of the agonizing sun projects yellow, pink and orange rays over the clouds and turn the Amazon River into a golden path.

The rainforest as an experience



If you seek to combine the best in comfort with the chance to be dazzled by the beauty and variety of Peru's flora and fauna, the Rainforest Expeditions experience awaits you. With its three hostels and villa—each different and all located in the rainforest of the Peruvian Amazon—Rainforest Expeditions is the guarantee of a unique experience: Posada Amazonas offers the chance for a cultural exchange with the native community of Infierno; Refugio Amazonas is the ideal place for explorers to act as citizen scientists; the Tambopata Research Center is the most complete way to experience the rainforest. A total immersion in the universe that is the Amazon. Due to their location, the eco-lodges offer all travelers excellent opportunities to view wildlife.

Birdwatching in Tambopata

Birdwatching trips in Tambopata National Reserve venture into the jungle for five days to see the unusual shansho (*Opisthocomus hoatzin*) or one of the 14 species of herons that feed on the shore of its rivers. Travelers rise early to watch thousands of macaws, parrots and parakeets feed at the clay licks, and wait patiently on a tower 42 meters above ground to see the iconic harpy eagle (*Harpia harpyja*). The four winners of the “Big Day” held in Tambopata in 2015 identified 174 of the 648 species that live in this protected area.



Thanking Mother and Father Earth



Lake Titicaca is regarded as a door to the realm of the gods. Its cold waters' sacred islands like Amantani are places where Andean peoples pay tribute to their protecting divinities. On the third Thursday of January every year, five ayllus (Andean extended families) from the island climb to the top of the Pachatata apu to perform a thank-you ceremony, in a "payment" to the fertilizing sky, while five other ayllus will ascend to the summit of its twin sister the Pachamama apu, to pay tribute to Mother Earth fertilized by rain. Coca leaf, refreshing chicha and the music of pincullos and drums accompany the celebration until well into the night.

Dawn on the Titicaca

The sun shines almost all year over the soft sand and low wave beaches of some of the freshwater beaches of Lake Titicaca. Totorá reed stems grow in the surroundings where around 100 species of birds find shelter. There, the keñola bird dives to fish while wild ducks, tikichos and chokas swim looking for food and materials to build their nests. Crossing the lake on Polynesian canoes allows us to appreciate part of this ecosystem. Camping at a beach near the community of Llachón, a destination of exciting rural tourism, or in Taquile, an island where the knitters are male are two unforgettable experiences before heading back under the dramatic sunset light.



The wise men of the lake



Five kilometers, some three miles, into the lake to the east of Puno, a group of more than 100 floating islands is inhabited by Uro-Aymara families, a community where everything is made with totora reeds: houses, boats, utensils, crafts, even the floor on which you walk. The base of the stem or chullo of the plant is eaten raw or cooked, and its flower or chumi is used to cure fever and cough. Visitors from around the world stop there before sailing on to Amantani, an island that preserves its pre-colonial traditions, where they spend the night at local homes. The next day they will visit Taquile, an island renowned for its textile art that has been included by UNESCO on its list of the Intangible Cultural Heritage of Mankind.





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