



# 2019 JOURNEY TO PERU AND BOLIVIA

JULY 12<sup>TH</sup> TO JULY 25<sup>TH</sup>

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## WHAT IS INCLUDED

- Visits to 20+ sacred sites, ancient ruins, temples and museums
- Exploring evidence of advanced technologies at archaeological sites
- Special tours to hidden places that most tourists never see
- Entrance fees to all excursions visited
- Teachings and ceremonies: Full moon and Peruvian ceremonies: one Despacho, one Ayahuasca Ceremony and two San Pedro Ceremonies by Don Theo. All ceremonies are optional.
- Two Sound Baths by Sonic Yogi
- Transportation service from Cusco airport to the hotel
- All ground transportation during the journey (bus, train and boat)
- Double occupancy accommodation for every night of the journey in Sacred Valley, Aguas Calientes, Cusco, Puno <sup>\*1</sup> and Bolivia<sup>\*1</sup>.
- Most meals as indicated in the itinerary (B = breakfast, L = lunch and D = dinner)

The program doesn't include: international or domestic airfare tickets, laundry, meals not mentioned in the itinerary, additional expenses at hotel such bottled water, tea, coffee, alcoholic beverages and soft drinks, personal expenses (i.e., laundry, valet service, telephone calls, postage, etc.), tips or any other items not specified in the program.

*\*1 For the ones choosing the 14-day journey.*

## PROGRAM OPTIONS

Choose from option 1: 10-day journey or option 2: 14-day journey

**OPTION 1: 10-DAY JOURNEY IN CUSCO - \$2,600**  
(Friday July 12th – Sunday July 21<sup>st</sup>) (10 days and 9 nights)

We will visit these sites in the state of CUSCO: PISAQ Ruins, Ollantaytambo Ruins, Machu Picchu (+ Mountain (by request)), Saqsayhuaman, Qenqo Temple, Tambomachay, Tipon Ancient Site, Andahuaylillas Chapel, Sun Temple Qorikancha, Paukartambo and Tres Cruces

**OPTION 2: 14-DAY JOURNEY: CUSCO and PUNO (PERU) & BOLIVIA - \$3,800**  
(Friday July 12th – Thursday July 25<sup>th</sup>) (14 days and 13 nights)

This trip includes the sites above and in addition we will go to the state of PUNO and the country of BOLIVIA and will visit Lake Titicaca: Floating islands of Uros & Taquiles, Portal of Aramu Muru, Island of Moon and Island Sun in Lake Titicaca, Tiwanaku and Puma Punko

# HIGH LEVEL ITINERARY



## Day 1 – July 12 – Friday - Cusco

Arrive at Cusco airport and be transported to Pisaq in the Sacred Valley of the Incas to rest and acclimate to altitude. Welcome the group and have a Despacho ceremony as an expression of gratitude to Pachamama (Gaia).

(L, D) Overnight in Pisaq

*Hotel: Royal Inca Pisaq*



## Day 2 – July 13 – Saturday - Pisaq

After breakfast, travel by bus to the mountainside above the Pisaq village to visit the Temple complex / Ceremonial Centre. After lunch, time to visit the local market for shopping.

(B, D) Overnight in Pisaq

*Hotel Royal Inca Pisaq*

Pisaq Elevation: 2,972 m (9,751 ft)



## Day 3 – July 14 – Sunday - Ollaytantambo

After breakfast, travel by bus to the ruins of Ollaytantambo

(B) Overnight in Aguas Calientes

*Hotel Los Sauces*

Ollaytantambo Elevation: 2,792 m (9,160 ft)



## Day 4 – July 15 – Monday – Machu Picchu

After early breakfast, travel by bus to the entrance of Machu Picchu

Optional trek to Huayna Picchu

Travel by train to Cusco and from train station to hotel.

(L, D) Overnight in the city of Cusco

*Hotel Royal InKa*

Machu Picchu Elevation: 2,430 m (7,972 ft)



## Day 5 – July 16 – Tuesday – Wiracocha Temple

Travel by bus to the Wiracocha Temple. Important temple with medicinal water. We will have a cleanse. Afterwards we will continue with a full moon ceremony.

(B, L, D)

*Hotel Royal InKa*

City of Cusco Elevation: 3,399 m (11,152 ft)





### Day 6 – July 17 – Wednesday - Cusco

In the morning we will experience a Sound bath and then we will visit the Q'oricancha.

We will have a light dinner before the plant medicine ceremony

(B, D) light dinner

*Hotel Royal InKa*



### Day 7 – July 18 – Thursday - Cusco

We will use the morning to recover and then we will adventure to the sacred sites of Sacsayhuaman, Q'enco y Tambomachay

(B, L, D)

*Hotel Royal InKa*



### Day 8 - Jul 19 – Friday - Tipon

We travel by bus to Tipon and then to Paucartambo

(B, L, D) Dinner box lunch included

*Anka Hostal*



### Day 9 - Jul 20 – Saturday - Paucartambo

We will start our journey few hours before dawn so we can be at Tres Cruces to see the sun rises. There are only three in the world where you can see this.

After this we will return to Cusco and we will have a free afternoon in the city.

(B, L)

*Hotel Royal InKa*

<https://www.perurail.com/blog/peru-wakes-up-in-tres-cruces-paucartambo/>

\*The group doing the extended 14-day will travel overnight by bus from Cusco to the city of Puno

### Day 10 - Jul 21 – Sunday - Cusco

10-day journey: Transport from Hotel Cusco to Airport. This is the end of the journey



### Day 10 – Jul 21 – Sunday – Lake Titicaca

14-day journey: this is for the group doing the extended journey

Explore Lake Titicaca by boat. Visit the island of Taquilles on

(B, L, D)

*Stay overnight in the Island of Taquilles on Lake Titicaca*



### Day 11 - July 22 – Monday – Aramuru

Doorway

Return back from the Island of Taquilles to Puno via boat and go straight to visit the Aramuru Doorway.

(B, L)

Overnight in Chucuito

*Hotel Taiqipala*



### Day 12 – July 23 – Tuesday – Copacabana and La Paz

On the way to La Paz we stop in Copacabana and via motorboat we visit the Sun Island and Moon Island on Lake Titicaca (Bolivia side)

(B)

*Overnight in La Paz Hotel Qantu*



### Day 13 - July 24 – Wednesday – Tiahuanaco and Puma Punko

Spend the day visiting the ruins of Tiahuanaco and Puma Punko

Return to Puno, Peru

(B)

*Overnight in Puno*

### Day 14 – July – Thursday – Return to Lima

Transportation to the Juliaca Airport in the morning

(B)

# TERMS AND CONDITIONS

## TRAVEL DOCUMENTS

**Please be sure your passport expires after December 2019.** All travelers need a passport valid for at least six months after the date of entering the country.

**You must have a round trip ticket.** For those on the Bolivia program, holders of American & [some specific countries] passports will need to apply for a special visa to visit Bolivia upon crossing the border.

*\*More information under Bolivia Visa Information*

## RESERVATION & PAYMENTS

To hold your spot, send \$1,000 non-refundable deposit to hold your space (only 12 spaces available). Use Paypal to send your deposit, click here: [paypal.me/jocelyn22](https://paypal.me/jocelyn22) or mail a check.

The remaining balance is due:

- May 15<sup>th</sup>, 2019, or
- April 15<sup>th</sup>, 2019 60% of total cost of the trip and the remaining balance on June 15<sup>th</sup>, 2019

## CANCELLATION & REFUND POLICY

Due to high preparation costs, cancellations must be received in writing no later than the dates listed below. The cancellation refund schedule is as follows:

- Cancellations from up to 5/15/2019: 70% of the total cost will be retained
- Cancellations after 5/15/2019: No Refund

Note that some Travel Insurance providers offer “Cancel for Any Reason” coverage, which provides reimbursement for your prepaid, non-refundable trip costs if you decide to cancel.

Generally, this type of coverage benefit is dependent upon the plan’s purchase date, so we recommend researching and securing Travel Insurance as soon as you are able.

No refunds will be made for any services included in the package (including meals, tours, accommodations or transportation) voluntarily not taken.

## CHANGES

The itineraries are subject to changes or being adapted based on group needs, local activities, weather, bus and train schedules or other unforeseen circumstances. The content will remain the same, barring any unanticipated complications.

## INSURANCE

We recommend that all participants obtain Travel Insurance. Travel Insured International offers insurance for trip cost, trip cancellation & interruption, and pays for loss due to unforeseen circumstance, death, injury, or illness to you or a member of your family. It also includes coverage for missed connections due to weather, pays for lost deposits due to the financial default of the airline, the tour operator, or cruise line. It pays for baggage delays, travel delays, medical expenses, and emergency assistance. Some Travel Insurance providers offer “Cancel for Any Reason” coverage, which provides reimbursement for your prepaid, non-refundable trip costs (cancellation fees) if you decide to cancel.

## WAIVER OF RESPONSIBILITY

By registering to this program, you agree to our terms, deposit conditions and waiver.

We have worked diligently to make all of the arrangements for our journey together in Peru, however, we, agents and our Tour Facilitators will not be held liable for delays, theft, damage, injury, or any other irregularities that may occur during the course of the journey. We will not be held liable for any changes or delays in airline schedules or missed connections; injury, loss, or damage to persons or property; additional expenses resulting from changes in exchange rates, tariffs, or itinerary; any transportation issues or problems with vehicles utilized on the tour; additional expenses incurred due to illness, accidents, weather conditions, protests, war, terrorism, quarantine, or other causes; and losses due to cancellations not subject to our terms and conditions.

## CEREMONIES

All ceremonies are optional. If you are interested in learning or participate in these ceremonies read below.

### Despacho

In the Andean traditions of Peru, a despacho is a ceremonial offering to Pachamama (Mother Earth) and the Apus (Mountain Spirits). You could perhaps think of it as a focused, formal way to "dispatch" or "ship" your prayers off to the powers that be. For a despacho ceremony, the shaman gathers a variety of symbolic offerings such as wine, sugar, incense, gold and silver threads, red and white flower petals, grains, seeds, shells, candies and more. Each item is placed on a large sheet of paper with great care and intention, arranged in a mandala-like shape. Prayers for things such as family, career, spiritual growth, forgiveness are blown into small bundles of leaves called kintus and added to the offering as well. Eventually the mandala is completed, the bundle is folded closed and tied up. Then the shaman will run the whole bundle over your body, drawing out any heavy energy that may be lurking there. Finally, the whole bundle is ceremonially burned, the participants turning their backs to the fire to allow the spirits to "eat" the offering in peace. The incense takes the prayers up to the Mountain Spirits, any heavy energy is turned to ash for Pachamama to consume and compost, transforming into fertile ground for

new endeavors. A personal despacho is an opportunity to really focus on any areas of your life where you feel you need support or would like to ask for blessings. It is quite a powerful way to set your intentions and let them go. You may be surprised to recognize in the weeks and months following a despacho ceremony that you are indeed receiving the things you asked for, though perhaps in an unexpected or unusual form, perhaps in a way more appropriate or powerful than you could have dreamed of on your own.

## What is San Pedro

It is a plant medicine used in the Andes of Peru. It is cactus similar to peyote. It is also called Huachuma.

For more information: <https://psychedelictimes.com/2016/01/06/interview-maxwell-wieland-the-power-of-the-psychedelic-san-pedro-cactus-huachuma/>

## Ayahuasca

Ayahuasca is an Amazonian plant medicine that has been used in a sacred context by indigenous and mestizo healers in Peru, Colombia, Ecuador and Brazil for hundreds, and possibly thousands, of years. Made from the mixture of 2 (or more) plants found in the Amazon jungle – the ayahuasca vine (*Banisteriopsis caapi*), and the chacruna leaf (*Psychotria viridis*), which contains the powerful psychoactive dimethyletryptamine (DMT), it is a brew capable of inducing altered states of consciousness. The word ayahuasca is based in the Quechua language and translates to “vine of the soul” or “vine of the spirits”. It goes by many different names according to region, such as *oni*, *caapi*, *natema*, *yajé*, *yagé*, *nepe*, *shuri*, *kamalampi*, *kaji* and others throughout the Amazon Basin<sup>1</sup>.

Traditionally, ayahuasca has been used in a variety of contexts: as a therapeutic tool to diagnose and treat illness; as a means of shamanic communication; and for the communal purposes of hunting magic, warfare, and collective ritual<sup>2</sup>. While the true origins of ayahuasca have been lost to history, with no written records prior to the 16th century Amazon invasion of Spanish conquistadors, archaeological evidence suggests its use stretches back at least two millennia. Its practice and spread since appears to be as complex and diverse as the people who use it, embodying and blending various cultural frameworks, spiritual belief systems, economic and political landscapes, and social hierarchies. Today, it is the foundation for the traditional medicine systems of over 75 different tribes in the Amazon, and has spread to various regions across the globe, offering healing for many illnesses and dis-ease where modern medicine has failed.

For more information: <https://soltara.co/plant-medicine/>

## Prepare for Ayahuasca Ceremony

To prepare for ayahuasca ceremony it is a good idea to adhere to these ayahuasca diet guidelines. It is not absolutely required to be on the ayahuasca diet to have a good experience but it helps to prepare your body to receive ayahuasca. It depends on how clean you already eat and how



healthy you are. If you are already a healthy eater, you will probably be fine and have a good experience. The ayahuasca diet is simply a suggestion to prepare for ayahuasca ceremony.

If you can do it, great! It is a little difficult in our modern world to follow these suggestions, but it sure is healthy! You will still have an experience with the ayahuasca ceremony but you might throw up a little less if you adhere to the ayahuasca diet that the ayahuasca shaman suggests.

The suggestion is to follow the ayahuasca diet for 2-4 weeks beforehand in preparation for ayahuasca ceremony. If you can't do it for 2-4 weeks, at least try to be disciplined for a week or few days before the ayahuasca ceremony.

Foods recommended NOT to Eat for Ayahuasca Diet Preparation:

- Garlic, Onions, hot spices, salt, pepper or Sugar (Use stevia as a substitute if you like)
- No pork, red meat, chicken, ONLY fish is ok
- Fermented foods
- Wine, beer or hard alcohol
- Butter, cheese
- No caffeine: Chocolate or Coffee (Drink Green Tea as a substitute if you like)
- Processed foods (Nothing in a box or can with ingredients you can't pronounce)
- Pharmaceuticals EXCEPT for heart issues, high blood pressure, diabetes and life-threatening illnesses
- Absolutely NO pharmaceuticals for depression, psychosis or mental illnesses (Dangerous in combination with Ayahuasca)

## TRAVEL TIPS

### LODGING

**All rooms are double occupancy, if you have a partner's name**

**How do we register for a couple?**

You will each have to register individually and select your package with Double Occupancy (Standard, Premium or Suite). Then please add your partner's name in the field for Roommate Preference.

**What if I choose Double Occupancy but don't have a roommate?**

There will be live calls with all those who are coming to Peru to meet each other and connect. These calls will be a great place to meet potential roommates, or we can always help to select one for you and trust in the vacuum!

## BOOKING FLIGHTS

**It is important to book travel as soon as possible for the best prices and availability.** You will need to book your travel to Cusco airport for arrival by the morning of Friday 12<sup>th</sup>, 2019, no later than 10AM. There are few airlines to choose from. We recommend <https://www.latam.com>

Lima airport: <https://www.lima-airport.com/eng>

**You will need a return flight booked in order to enter the country. One way would be to book your round-trip ticket to Lima, Peru, and then book your separate connection flights.**

If you're only joining us for the 10-day Cusco trip (Peru), you will fly out of Cusco Airport / Alejandro Velasco Astete International Airport (**CUZ**).

If you will be joining us for the 14-day trip (including Bolivia), your return flight will be from Juliaca Airport / Inca Manco Cápac International Airport (**JUL**)

Most flights will come in and out of Lima, Peru (LIM), connecting onwards to your next destination.

## TRAVEL DOCUMENTS & CURRENCY

- Passport and roundtrip plane ticket(s)
- Visas:
  - For Bolivia, Visa requirements for [US citizens](#) and for other countries click [here](#) for Visa requirements
  - For Peru, US citizens do not need a Visa. For other countries, click [here](#)
- Print of booking confirmation (Tour, Hotel, Transfer)
- Cash in local currency (mostly you can exchange money at an airport or bank) - Soles (Peru) & Bolivian Bolivianos
- Bring US dollars in great condition shape. They don't accept bills that have small missing pieces, cuts or have marks on it. Suggestion: get new bills from the bank not ATM.
- Money belt or other hidden document holders (optional)

## ALTITUDE PREPARATION

- Start walking/hiking and exercising your cardiovascular system in advance
- Eat a healthy, balanced diet and avoid alcohol upon arrival, as this will greatly help.
- There is supplemental Oxygen available in most hotels to alleviate any altitude symptoms
- We encourage you to arrive a few days early to rest, rejuvenate and get acclimated

## WHAT TO PACK

- Water Bottle(s) - for hot and cold
- Ultralight Daypack – to use for day trips or small hiking tours
- Drybag – keeps your technical equipment dry

- Micro Fiber Towel – lightweight, small and dries super-fast
- Plastic Ziploc Bags (they come in handy!)
- Optional: Carry-on sized luggage for trains and other transportation.

## Clothing

- Outdoor clothing for hiking and exploring in warm, cold and wet climates.
- Comfortable walking shoes
- Warm jacket and layers for colder evenings and higher altitudes

## Extras

- Sunscreen & bug spray, moisturizing cream/hand lotions.
- Personal Care & Supplements: Homeopathic, grape seed extract, digestive enzymes, oregano oil, activated charcoal capsules, headache pills, Imodium
- Medications – you should bring adequate medication for your entire trip with a prescription slip or doctor’s letter explaining why you need this medicine in case you need further medication.
- Nutrition & Snacks: Protein bars, nuts & seeds, dried fruits, favorite treats
- An Extra (collapsible) Bag - if you plan to do any shopping. A bag, preferably soft, which can be crunched up and carried in another bag will be handy for most people.
- Power Adapter with additional USB ports - Bolivia – 230V, 50Hz. Peru – 220V, 60Hz - likely split to 110V, 60 Hz for outlets (some areas may be 50Hz). Either the American two prong plug (Type A) or the European (Type C). Many outlets have been designed to accept both types of plug. **Source.**

**Notes:** we don’t need any vaccinations. The areas we will visit do not have any danger areas for malaria, yellow fever, etc. so it is completely up to you if you wish to go ahead with any vaccinations.

# BOLIVIA VISA INFORMATION

You will need the following documents from us for the application process. These documents will be sent once payment is completed: Bolivia Itinerary and Hotel Confirmation Letter

## Applying for Your Bolivia Visa

You absolutely must get your visa in advance, otherwise it will take too long at the border. And, if you don’t have your visa, you may need to stay at the border and take a taxi to the hotel.

**All nationalities need a VALID PASSPORT.** You must have **6 months validity remaining** on your passport at the time of entry. When entering Bolivia from Peru, the passport you use must be the same passport used to enter Peru. If you happen to be of dual citizenship, you cannot switch passports at the Bolivian border.

## International participants

Use the tool on this page to find which Visa Group you belong to, and what your requirements are: <https://www.boliviahop.com/visa-requirements/>

## US Citizens

Americans can apply for a visa online at a Bolivian embassy and the cost for the visa is \$160 USD. You need to choose the consulate depending on which State you live.

Before applying, check that you have the following requirements to Request a Visa for Bolivia: <http://www.boliviawdc.org/consulate/visas/tv>

## How to Submit my Visa Application

Video on how to apply for your Bolivian Visa: [Step-by-Step Video](#)

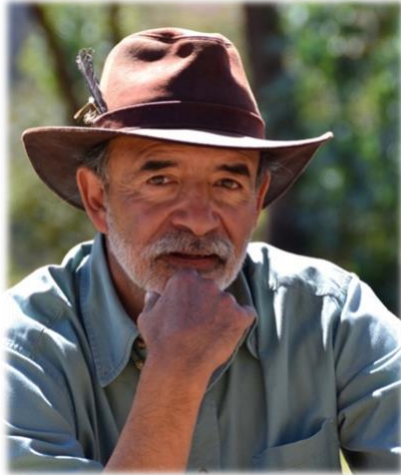
## Tips for US Citizens filling out the VISA form

- Fill out the visa application where you will need to upload/send your passport information, photo, itinerary, confirmation from hotel & a proof of solvency (e.g. bank statement copy).
- **IMPORTANT:** Once you have completed your online application, you will come to a page that displays your **Sworn Statement/Approval Letter with a Verification Code** (shown below). You must print this document by clicking 'View visa application form', you will then need to sign it, make a copy and include **both** in the mail to send along with your other documents.
- It has been advised not to use Safari web browsers as they have proven problematic with some applications. (If you are still having problems using the online application, you might want to try using a PC).
- Your national identification number can be your Passport Number (according to their instructional video)
- Make sure that you put the Place of your Birth next to the Date of your Birth, not where you live now.
- Your main destination in Bolivia (City/Province/Municipality) is OTHER
- “Lugar de la solicitud” on Step 4 of 5 means "Place of Application." When filling out the application online, and asked to fill in your '**Lugar de la Solicitud**' enter the name of the **city of the consulate you are applying with.**
- When asked whether the area you're going to is affected by Yellow Fever, mark 'Other'. Because we are not going to any areas that need a Yellow Fever Vaccination.
- When you send your documents in the mail, use an expedited and trackable delivery service (FedEx, USPS etc.). You will also need to include a return envelope, with postage included, for them to mail back your passport.



# FACILITATORS

## Guide



**Don Theo Paredes**, Ph.D. and native from Cusco, Peru, is an anthropologist and shaman who has studied Andean healing techniques for over twenty years, emphasizing native practices of engaging energy. As passed down to him from the ancient masters, he possesses a deep understanding of the purposes for which the energetic centers of the Inkas were created. Don Theo is the founding director of the Poqen Kanchay Foundation (“where light germinates”) which seeks to rescue, research and teach ancient knowledge and techniques of managing energy to transform living into an art.

Dr. Paredes teaches about indigenous cultures, their myths, symbols, architecture and their healing techniques. His perspective and knowledge are unique because his background

is a rare combination of mastery of both indigenous wisdom and Western education and teaching.

## Sound Meditation Practitioner



**Jonathan Adams** (aka. Sonic Yogi) discovered sound as therapy after his experiences and recovery from anxiety. As a touring musician, he knew the power of music to move our emotions, but following this experience, he understood its potential as a healing force. Since then, he has used his intuition, experiences, and studies to explore the role of sound and music in the healing arts and create new ways for people to relax, enhance self-healing, self-awareness, focus and creativity.

In addition to live sound therapy, Jonathan also frequently gives talks and workshops on sound therapy and wellness, which include appearances at TedX, National Spiritual Living Conference, GA State Social Workers Conference, Emory Wellness Center, Wigwam Wellness Festival and many more. In

only a few years, his sound therapy recordings with Singing Bowls, flute and guitar have received millions of plays online, and can be streamed on YouTube, Spotify, SoundCloud and the MindBliss and Insight Timer apps. They are also used by Golds Gym nationally in their Centergy yoga classes. He continues to explore ways in which sound, as therapy, can help people to relax, de-stress, enjoy deeper meditations and FEEL GREAT!

<http://sonicyogi.com>