

# Journey to Peru

## Trekking Into the Heart of the Andean World

### May 7-18, 2012

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For centuries, Peru was the cultural and political center of South America. High in the Andes Mountains, great cities were built, sophisticated sciences were developed, and the arts flourished. Set in the thin air of these spectacular mountains, the center of the Incan Empire, Cusco, was built. A magnificent city of Temples, Palaces, and Fortresses, it was conquered by the Spaniards in 1539, and rebuilt as a beautiful Colonial town. Rich in history and surrounded by natural beauty, it is a joy to explore. In the cloud forests below Cusco sits the mysterious city of Machu Picchu, one of the wonders of the world. Though experts are still debating its true nature, all agree that it is an architectural marvel and deservedly on most travelers lists of places that must be seen in ones lifetime.

This Spring Ricky Fishman, Director of Integral Expeditions, will lead a group into the heart of the ancient Andean World. After exploring Cusco with local Peruvian Healer, Victor Estrada, who will describe the world as seen through local, Andean eyes, the group will set off for a six day hike through the Andes Mountains on a Lodge to Lodge Trek along the Salkantay Trail. The trek will wind beneath glacier covered mountains, past Alpine lakes, and through jungles full of orchids and river valleys dotted with remote traditional villages. Throughout the program, the group will be learning about indigenous culture, cosmology, art, and science as well as the contemporary place of Peru in a rapidly globalizing world. Led by local guides and teachers, this promises to be a transformative experience, an opportunity to explore the cultural and geographic depths of a fascinating land.

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**MAY 7-9** Arrive in Cusco, transfer to Casa Andino Private Collection Hotel, and spend two days exploring the city and outlying areas with teacher/guide, Victor Estrada.

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**MAY 9-14** Travel by bus through a landscape dotted with traditional villages, markets, and Incan ruins, and stop in the town of Mollepata to visit local weaving and jam making cooperatives and then begin the hike to Salkantay Lodge for the first of two nights of acclimatization. There will be day hikes followed by four more days of trekking. At the end of each days walk, the group arrives at another beautiful lodge. Each one, nestled and solitary within remote Andean Valleys, is fully staffed and includes lovely private rooms with stunning views, hot showers, and delicious Nouvelle Peruvian Cuisine.

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**MAY 14-16** On the final day of the trek the group will arrive in Machu Picchu Pueblo, transfer to El Mapi Hotel, and spend two nights at the base of the ruins. This will provide ample time for both a guided tour of the site as well as self-exploration for those who wish to climb the surrounding peaks and ancient Incan Trails.

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**MAY 16-18** After an exciting train ride from Machu Picchu and transfer by bus, driving through the Sacred Valley of Urubamba, past more Incan Ruins, the group will arrive to Cusco in the afternoon, returning to Casa Andino Private Collection. The next day is free to rest, shop, and/or explore, to take in this great city at ones own pace. Transfer to airport on the 18th.

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**COST OF PROGRAM: US \$3495**

(Based upon double occupancy and excludes airfare)



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#### TO REGISTER:

Please send application and deposit to:

Integral Expeditions/Ricky Fishman

1623 Scenic Avenue | Berkeley, CA 94709

*This trip is limited to 12 participants (due to the number of lodge rooms) so please register early.*

For questions regarding the program contact Ricky Fishman at 510.387.7881 or ricky@rickyfishman.com

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#### TOUR LEADERS

Ricky Fishman, Director of Integral Expeditions, has been leading educational tours since 1989 and has led programs to Nepal, Burma, Cuba, Mexico, Thailand, Singapore, Vietnam, and Peru. As a Professor of Humanities at New College of California for over twenty years, he specialized in the History and Philosophy of Science and Medicine as well as Global and Cultural Studies. Ricky is also a musician, a published photographer, and a Chiropractor (the latter being a very good thing to have along on the trek!)

Victor Estrada, Director of the Ancient Medical Alternatives (AMA) Foundation, has been a practicing Traditional Healer since 1985. With his understanding of Andean Philosophy and Medicine, knowledge passed down through many generations, he has been leading group and personal journeys of transformation. He will be guiding us in Cusco, teaching us about the world from the Andean perspective.

We will have other local guides and teachers who will be with us along this journey describing the rich cultural, natural, and political world that is Peru today.

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#### HOTELS:

[www.casa-andina.com](http://www.casa-andina.com) (Cusco) | [www.mountainlodgesofperu.com](http://www.mountainlodgesofperu.com) (trek) | [www.elmapihotel.com](http://www.elmapihotel.com) (Machu Picchu)

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#### COST INCLUDES

All hotels, breakfasts throughout, and all meals on trek

All tours, museum entries, and ground transportation throughout

Note: Single supplement available for \$650 for Cusco and Machu Picchu hotels only.

Accommodations during the trek are all double occupancy due to limited Lodge space.

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#### COST DOES NOT INCLUDE:

Meals and beverages not specified in itinerary

Optional Tours

Passport fees

Travel and Health Insurance

Airport taxes

Alcoholic beverages

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#### COST OF PROGRAM: \$3495 (US)

Deposit: \$500 (non-refundable)

Balance: \$2995 due February 1, 2012

Single Supplement (not including trek): \$650

#### CANCELLATION FEES:

90-61 Days before departure: 25% of program cost

60-31 Days: 50% of cost

30 Days or less: 100% of cost

