



Professional Education Society

Since 1980

Post-Tour to Peru & Machu Picchu

December 8 - 13, 2012



Lima, Cusco, the Sacred Valley and Machu Picchu

Enjoy a once in a lifetime experience featuring the “Lost City of the Incas”, the Incan and Colonial traditions of Cusco and the lush Sacred Valley.

In the historic Inca capital of Cusco, a UNESCO World Heritage site, grand Baroque and Renaissance style churches and the Incan stone fortress of Sacsayhuaman provide a fascinating mix of pre-Columbian and Colonial influences.

The rushing Urubamba River flows through the beautiful Sacred Valley where ancient engineering marvels stand as lasting testimony to the powerful and far reaching Inca Empire. Explore the fortress, Ollantaytamo, and villages where craftsmen weave intricate tapestries and create colorful pottery.

Located high in the Peruvian Andes, Machu Picchu was obscured from humankind for 400 years until Yale Professor Hiram Bingham stumbled upon it in 1911. Nearly a century of extensive research and study still has not revealed all its secrets. This UNESCO World Heritage site has been carefully excavated and preserved.

What to Expect?

Your visit includes walking/hiking at high altitudes (over 9,000 feet at Machu Picchu and 11,150 feet in Cusco) These walks are uphill, on uneven ground at various sites and ancient ruins. You should be in good physical health to enjoy this destination to the fullest.

Inclusive Highlights:

- One night at the Westin Libertador in the heart of Lima
- Three nights at the Hotel Monasterio Cusco, a 5-Star luxurious Orient Express hotel museum
- One night at the Inkaterra Machu Picchu Pueblo, a 5-Star luxury paradise boutique hotel at the base of Machu Picchu
- Daily Breakfast, 4 lunches and 4 dinners
- Cusco city tour
- Full day exploration of the Sacred Valley
- Roundtrip magical train journey on the luxurious Hiram Bingham train from Cusco to Machu Picchu to enjoy the most beautiful and romantic scenery in Peru
- Ascend to the mystic and inspirational height of Machu Picchu above the Urubamba River Valley for a guided tour of this “Lost City of the Incas” and most famous icon of the Inca world
- PES seminar and hospital visit

Itinerary:

Saturday, December 8, 2012 ~ Depart Quito / Arrive Lima, Peru

Transfer to the Quito airport for your flight to Lima, Peru. Upon arrival, you are met and transferred to the hotel. The sprawling City of Kings extends outwards from the rugged cliff tops of the Pacific coast with its mix of colonial and modern styles. It has Peru's best museums, restaurants and nightlife. Remainder of the evening at your leisure.

Westin Libertador Lima (B)



Sunday, December 9, 2012 ~ Lima / Cusco

After breakfast, transfer to the airport for our flight to Cusco, an Andean community and former ancient capital of the Inca Empire. Upon arrival, you are met and transferred to the hotel. We have some free time to rest and acclimate to the altitude.

Enjoy a **city tour of Cusco**, visiting the Main Square, the Cathedral on the Plaza de Armas and Santo Domingo, a Dominican church and convent built on the foundations of the Koricancha, or the “palace of gold,” the Incas principal religious building, dedicated to the worship of the sun.

We continue to the ruins of **Sacsayhuaman**, a true testimonial to Incan architectural skills. Constructed of massive stones (one weighs 125 tons), you are challenged to try to slip a piece of paper through the cracks between these blocks, cut and fitted together with incredible precision without a single drop of mortar to hold them in place. This ancient fortress (where the greatest battle between the Spanish and Incas took place) overlooks the red-tiled roofs of Cusco and the breathtaking countryside surrounding the city. Also visit Qenqo (“The Labyrinth”), an Incan shrine dedicated to Pachamama (‘Mother Earth’); the small fortress of Puka Pukara.

Tonight enjoy dinner in Cusco and overnight.

Overnight Monasterio Hotel (B,D)

Monday, December 10, 2012 ~ Cusco / Sacred Valley / Cusco

After breakfast, depart on a **full day tour around the Sacred Valley of the Incas**, visiting the towns of Chinchero and its typical market, where entrepreneurs continue to trade with goods and not money. We continue visiting the Agricultural Experiment Center of the Incas: Moray and later the salt mines of Maras. You will stop at the Wayra restaurant for a delicious lunch and Paso Fino horse show.

We continue to explore Ollantaytambo which is a major Inca fortress. Ollantaytambo is a massive citadel which served as both a temple and a fortress.

Return to Cusco later this afternoon with dinner and the evening at leisure.

Overnight Monasterio Hotel (B,L)

Tuesday, December 11, 2012 ~ Cusco / Machu Picchu

This morning we board the **Hiram Bingham** train at the doors of the Poroy train station to embark on a **unique rail journey** through the Andes. This Orient Express owned luxury train has a gorgeous bar/observation car with plenty of comfortable seating in beautiful surroundings. It also has an outdoor platform where live music is sometimes played and offers a great place to photograph the steep climb out of Cusco and the descent into the Sacred Valley with its lush fields and colorful villages in the foothills of the Andes Mountains. During the trip, the Hiram Bingham, offers open bar (local brands only), live entertainment and a gourmet lunch.



We arrive at Aguas Calientes at the base of Machu Picchu ready to explore the ruins of this ancient Inca site. Upon arrival at Aguas Calientes, we take a short walk to the special bus stop and ride up the hillside road to the entrance of Machu-Picchu. Hiram Bingham passengers have the opportunity to use the Sanctuary Lodge's restrooms and leave bags or belongings at the front desk.

We explore the ruins with our personal guide who points out the significance of the stone structures, temples and plazas. Several sites were purported to be used for sacred Inca rituals and healing ceremonies. This impressive ruin, hidden for 400 years by semi-tropical jungle, lies in a saddle with the peaks of Machu-Picchu, "Old Mountain", and Huayna Picchu, "Young Mountain" rising dramatically on either side.

After our initial discovery of this ancient relic of the past, we enjoy afternoon tea at the Sanctuary Lodge. We then return on the bus to Aguas Calientes and our luxury boutique hotel for the night, the Inkaterra Machu Picchu Pueblo. Dinner tonight is at the hotel.

Overnight Inkaterra Machu Picchu Pueblo (B,L,D)

Wednesday, December 12, 2012 ~ Machu Picchu / Cusco

Rise with the sun to walk through Machu Picchu in the early morning mist for a second visit. Alternatively, you may opt for a hike to Inti Punku (Sun Gate), the entry point to the ruins from the Inca Trail, or hike up to Huayna Picchu, the high mountain that is a part of the ruins, or simply relax at our luxurious hotel.

Journey back to Cusco aboard the luxurious Hiram Bingham train, enjoying a later departure — meaning more time to explore the famous ruins — and a special gourmet dinner on board.

Overnight Monasterio Hotel (B,L,D)

Thursday, December 13, 2012 ~ Cusco / Lima / Depart for U.S.A.

After breakfast, we visit a local clinic with lectures focusing on healthcare considerations in isolated communities.

This afternoon, transfer to the Cusco airport for your flight to Lima. Upon arrival, transfer to La Rosa Nautica restaurant for your last typical Peruvian meal. Later this evening bid farewell to Peru!

Depart on a late evening international flight to the U.S.A.

(B,L,D)

