



Culinary Tour of Lima, Cuzco, Sacred Valley and Machu Picchu



Chef Pablo

You will have the chance to dine in a museum like you never have before; learn to cook with a famous chef in the Sacred Valley; learn to shop for food and vegetables in the Lima street markets; learn to make Ceviche (raw fish dish) and Pisco Sour (typical cocktail of Peru); and visit a real Andean Village where you will appreciate how the potatoes are harvested and cooked.

Our tour takes you to the best restaurants in Peru, as well as some small simple local favorites. Some of the meals in the nicer restaurants will not be paid in advance so you can order freely off the menu, as we recognize that you all have sophisticated and individual tastes for food and wine. Some meals especially those in remote areas or those which come with a cooking class will be included.

Recently, following UNESCO recommendations, Peruvian authorities have placed restrictions on the visitation of Machu Picchu, the lost Incan ruins. Currently, no more than 2,500 people daily will be allowed to visit the ruins. While these new restrictions are great for the preservation of the ruins, they may cause some difficulties in your ability to visit them, so we recommend booking with plenty of notice.

A few of the dishes you must try while in Lima, are Tiradito, a soft marinated fish served in a yellow Rocoto pepper (chili cream sauce) and Parihuela, a fish and shellfish soup. Scallops Lima-style are marinated in a lime sauce baked with grated Parmesan cheese and are served with onion, tomatoes, red peppers and finely chopped parsley. African-Peruvian food includes grilled beef kebabs, and potato stew in coriander, yellow peppers and herbs, and "tacu-tacu", a hot-fried beans and rice dough stuffed with beef or shellfish.

Creole food, the mix of Spanish and local cuisines includes highly-recommended Causa, a cold chicken or shellfish potato pie with tomatoes and avocado; Tamal, a hot dry corn mash filled with hot peppers and chicken or pork and wrapped in banana tree leaves for slow cooking; a chicken and cheese stew known as Ají de Gallina is a personal favorite; Papa Rellena, a potato dough stuffed with spiced ground beef, grilled chicken, charcoal-cooked chicken with fries and a spicy sauce; Escabeche soured fried fish or chicken in a spice and herbs sauce.

Lima is located just a few hours from Pisco so you will want to try are from the Pisco Sours.

In the highlands, they have over 3000 kinds of potatoes, high protein grains Quinoa, and it is a vegetarian's paradise. Heated in a firewood oven, earthenware of the highlands gathers odors and flavors linked to earth. Meats, tubers, grains and herbs are used in a great variety of simple but tasty dishes. Favorites in this area are Pachamanca: beef, lamb, pork and guinea pig cooked on hot stones with broad beans, potatoes and humitas, in a hole covered with leaves and soil, Papa a La Huancaína, boiled potato pieces under yellow pepper and cheese cream, Humitas; Ground corn enveloped in its own leaves for cooking, Sopa de Maíz Morado con Pollo; Soup of Purple corn and Chicken, Lomo Saltado; Alpaca cooked with tomatoes, onions, cilantro, and potatoes, and Pesque: Quinoa Stew. We will also be experiencing much of the New Andean Cuisine from the New International chefs with dishes such as Sesame-Crusted Tuna and Penne Rigate in Pisco Cream Sauce, Guinea Pig Confit with Rocoto Peppers, Beef Tenderloin in Red Wine and Onion Sauce, served with raisin rice, Tropical Chicken Curry with Bananas, Peaches, and Strawberries, Duck and Rice Stew with Coriander.

This tour includes airfare allowance from Miami (US), on non-holiday dates. You do not need to fly via Miami; Yampu will fly you the most direct way to your city of destination. Depending on your travel dates and proximity of travel, we will quote you the most economical surcharge from your city or country of origin.

Pricing

Occupancy Type	4-Star	5-Star	Deluxe
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Double	\$ 5884	\$ 6900	\$ 8047
Single	\$ 8620	\$ 10060	\$ 13776

Prices shown above are per person, in US Dollars (\$).



Pisac Market



Inca Walls

Itinerary

Day 1

Flight to Lima. Upon arrival at the airport, you will be picked up in a private car and transferred with our English-speaking guide to your hotel. No Meals included

Day 2

Morning private tour of Lima, one of the most important cities in South America since its founding in 1535. Journey through the historic center of the city. Admire the beauty of San Martín and Major squares, the Cathedral, the Government Palace and visit San Francisco Convent, a religious building from the end of the 16th century, and its catacombs. Also drive through the residential districts of San Isidro and Miraflores. After the tour, we will have lunch at a typical cevicheria in Miraflores facing the Pacific Ocean.

Afternoon visit to Larco Herrera Museum, Archeological Museum or Gold Museum (see details below). Evening transfer and dinner at Huaca Pucllana, a fifth century pre-Columbian ruins. Have dinner facing a 1500 year old pyramid which is lit up in the night sky. Chef Marilú Madueño combines local flavors and ingredients with her own touches. The restaurant resembles a colonial country house. After dinner, you will be given a tour of the ruins.

Breakfast, lunch and dinner included

Day 3

Morning transfer to the airport to take the flight to Cuzco. Upon arrival in Cuzco, transfer to your hotel. After check in you will be transferred to San Blas square where you will have lunch in a lovely place with a garden called Greens. If this happens to be a Sunday, you will be treated to their famous roasted chicken lunch.

After Lunch, we will leisurely stroll down to your hotel. You will have a few hours to rest and acclimate. Then in the early evening we will go out to Cicciolina, an upscale and beautiful restaurant, for a wonderful dinner. The food here is Novo Andino Cuisine.

Day 4

Morning private walking tour of Cuzco. We will visit the Cathedral (home to some of the finest artwork in all of Peru), Santo Domingo Church, and San Blas Church. We will pass by some of the city's most colorful streets and Major Square (Plaza de Armas).

We will have lunch at a typical Andean restaurant before we start the afternoon tour of the Korikancha temple or Temple of the Sun, and the Inca ruins around the city of Cuzco: Tambomachay (Inca Fountains), Puca Pucara (Red Fortress), amphitheater of Kenko and finally the Sacsahuaman Fortress. Afternoon, continue to the Sacred Valley where you will check into your hotel.

Dinner at Killa Wasi, Novo Andino cuisine. Chef Nacho Selis Martinez who studied international, Creole and Andean cuisines in Lima, offers a diverse selection: camote (sweet potato), choclo (local corn), and fried yucca appetizers, alpaca, trout, chicken, kingfish and gallina entrees, quinoa, (Andean grain) and corn soups, tarwi (a local bean) and kingfish ceviches, as well as sandwiches and deserts. The chef's Novo Andino

specialties include Curry de Alpaca, sautéed slices of Alpaca in a coconut curry, accompanied by a “tacu tacu” of rice and green beans; Carpaccio of Shrimp with Kingfish, accompanied by a salad of cheese, vegetables and lake seaweed; and Trucha Sol y Luna, trout stuffed with shrimp, topped with white cream sauce and accompanied by sautéed spinach and artichoke hearts. Breakfast and lunch included

Day 5

Today we get an early start to see the Sacred Valley as few tourists ever do. As you drive through the Sacred Valley you will see rising from the valley some magnificent mountains and along the road and at the market you will see the villagers who live in small villages high above in the mountains. At the market when you walk through and see hundreds of stands of people selling the goods they made from hand it may be hard to imagine that these people, many of them have walked 4 hours or more to get their things to the market. They will also walk 4 hours or so up the mountain at the end of the day. So before we go to the market we will visit a village, 16,000 feet in the Andes called Patabamba. We start our day at the base of the mountain which we will climb and we will see (if the time of year is right) the potato harvest. Peru has 3000 kinds of potatoes and the potato originated here. From here we climb for an hour and a half approximately passing nothing but stunning scenery and farmers with their livestock. Once in Patabamba our first stop is a visit a group of women who have gotten together their ancestral inheritance, the art of weaving and formed a group which they run like any other business with production goals and worries of costs and profits. They continue to use the tools of their ancestors. If you have the time they will happily have a coffee break with you. Then you will walk further up the road and visit the home of a local lady who will show you her home and how she lives and cooks her potatoes.

After our visit we will head back down the mountain towards the town of Pisac where we eat in Pisac with the locals, then will spend the afternoon meandering through Pisac Market, seeing where the Andeans buy and sell their food and sell their handicrafts. Return to hotel for a rest. Then we will go to Hacienda Huayocari for dinner, a private residence with an impressive collection of Inca and colonial art and artifacts, hosted by the Lambarri-Orihuelas family.

Note: Please note that this tour will need to be modified in rainy season because the roads to the village will be inaccessible at that time of year. Because Patabamba lies 16,000 feet above sea level, this tour may not be suitable for people with heart disease or other illnesses. If you are having any altitude sickness in Cuzco you will want to tell your private guide for the day so he may revise your itinerary to visit a small town in a lower altitude.

Breakfast, lunch and dinner included

Day 6

Transfer to El Huacatay to Learn to Cook Novoandino Cuisine, the latest international culinary trend.

This trend has led to the increasingly popular ‘Novoandino’ style of fusion cuisine, first inspired by Bernardo Roca Rey and Don Cucho la Rosa in the early ‘90s. It is no wonder that the rest of the world is catching on, given the eclectic mix of cultures (Spain, Africa, China and Japan) that have contributed to the history of Peruvian food.

Chef Pio Vasquez de Velazco is the owner of El Huacatay, one of Urubamba’s best restaurants, known for its Novoandino menu. After lunch we will visit Salineras, Maras, and Moray. Salineras: This Salt mine is working since Inca times and vice regal time. It is constituted of around 3000 wells, from these we can obtain salt after the water of each well has evaporated. Maras is a picturesque natural multicolored village and it has the most important salt mines of the region. It is also working since Inca and vice regal times, they were the first production of salt in the meridian area of the ridges. This nice village is located at 46 km from Cuzco. On Urubamba province and even preserve areas of colonial architecture, we can appreciate extraordinary main building fronts with fine stones cut, as well door head with engravings in bas-relief. Moray is a formidable archaeological complex built with admirable concentrically terraces system, taking the big amphitheatre shape. These terraces confirm big agricultures system. Agriculture was their principal activity and the base of their economical development.

Breakfast, lunch and dinner included

Day 7

Morning transfer to the Urubamba train station to board the Vistadome train to Machu Picchu. The train leaves in the morning taking a spectacular journey through a changing landscape while you enjoy breakfast. We will pass through the Sacred Valley and its lush fields and colorful villages in the foothills of the Andes. From there, the journey is highlighted by wonderful vistas of the mountains and the beautiful Urubamba River which runs through the Sacred Valley. On arrival in the town of Aguas Calientes at the foot of Machu Picchu, you will be taken by bus to the Machu Picchu Sanctuary Lodge for lunch, which overlooks the ancient citadel. After lunch, we will have a guided tour of the ruins. Machu Picchu, the Lost City of the Incas, was a flourishing ceremonial and agricultural site, probably the gateway to the jungle marches of the Inca Empire. The central buildings were erected with the polished stone works of the Cusco Imperial style, though the site was probably occupied well before the Incas started their expansion. It was associated with the earth cult revolving around the Coca leaf, which was a privilege of the Inca Royal family and priests. Dinner at your hotel.

Breakfast, lunch and dinner included

Note: Government regulations limit the number of visitors to Machu Picchu daily. Entrance is subject to availability. Please book with plenty of notice so we may confirm your entrance to the ruins for today and tomorrow.

Day 8

Our resident guide will pick you up at your hotel in the morning for a second visit to the Machu Picchu ruins. Those who are more adventurous may want to do a soft hike to Wiñay Wayna. We will go through the ruins up to the Inti Punku or Sun Gate, along the last part of the Inca Trail to the ruins of Wiñay Wayna. This fantastic site, located on a steep ledge overlooking the Urubamba River, offers a perfect example of Inca terrace farming. The name Wiñay Wayna means "forever young" and this complex is believed to be reserved for ceremonies and religious water rites. We will have lunch at the Sanctuary Lodge. Early evening return to Cuzco by Vistadome Train. Upon arrival in Cuzco, transfer to your hotel. For dinner we will go to the Museo de Arte Precolombino, where in the courtyard of this lovely building we find the MAP Café. MAP café treats us to a mix of pre-columbian art and fine cuisine. The integrative cuisine has a blend of Modern and Andean tastes.
Breakfast and Lunch included

Day 9

Transfer to the airport for flight to Lima. Upon arrival transfer to hotel. Once checked in we head out to a local market to see the different fishes and sea food we have in Lima and also to try the local fruit and learn a little more about our typical vegetables and tubers. Then we continue to Caplina restaurant, a sea food restaurant located in Miraflores, where you will have the chance to prepare your own Ceviches and Pisco Sours. After that we will go to Barranco, a lovely old forgotten section of the city, to taste a few of the most popular Peruvian desserts and finally to a local library to buy books in English about the Peruvian Gastronomy. After a bit of time at your hotel to relax we will transfer you to Dinner at Astrid y Gaston for dinner.
Breakfast and Lunch included.

Price includes:

Price per person includes international airfare from Miami to Lima, domestic airfare from Lima to Cuzco return, hotel accommodation, All transfers between airports and hotels with assistance and baggage handling, meals as stated in the itinerary, private tours in English including entrance fees. Local airport taxes that are payable in the country of destination are not included. Taxes and security fees that can be paid at time of ticketing are already included in the quote (if airfare has been included in the quote)

Note: Cost includes Vistadome train which provides a personalized immersion of Andean culture with traditional dances and music along the way. This train features panoramic windows, leather seats, new table design as well as heating and air conditioning.

Deluxe service Hiram Bingham train features an observation wagon with a bar and two dining cars. In addition, this train includes a gourmet brunch on board, exclusive bus return to Machu Picchu, entrance to Machu Picchu as well as a guided tour. Afternoon tea in the Sanctuary Lodge, pre-dinner cocktails and a 4-course, a la carte dinner is also included. Does not operate on Sundays. Upgrades available from Vistadome to Hiram Bingham Deluxe; please add \$575 per person.