



Holistic Program of the Amazon and Machu Picchu



Refugio Amazonas Lodge

The Tambopata National Reserve is a 275,000 hectare conservation unit created by the Peruvian government in 1990 to protect the watersheds of the Tambopata and Candamo rivers. At Refugio Amazonas, a charming 24 bedroom lodge adjacent to the reserve, we will treat our body with baths, massages, and aromatherapy. During our tour we will learn about nature and its mysterious ways of teaching us about life and wellness. After cleaning our body of all toxins, we will prepare for the Ayahuasca Ceremony, a ritual used for self discovery and emotional re-encounter. Enjoying the beautiful landscape surrounding us, we will learn the curative benefits of the Amazonian plants, and watch for the exotic fauna of the Amazon.

Using the ancient knowledge of the Amazonian cultures on medicinal plants and spirituality, we will be part of different rituals to clean our body and soul, get rid of stress and bad energy and gain the positive vibes of being in contact with nature. We will treat our body with baths, massages and aromatherapy. Refugio Amazonas, a charming 24 bedroom lodge adjacent to the Tambopata National Reserve will be the place where our special holistic tour takes place. After cleaning our body of all toxins, we will prepare us for the Ayahuasca Ceremony, a ritual used for self discovery and emotional re encounter meant to heal us from sickness or bad luck, or to unite our male and female selves. We will also enjoy of the beautiful landscape and the various types of animals living in the reserve and learning more about the curative benefits of plants in the Amazon. The magical citadel of Machu Picchu, plus Cuzco and Lima are also part of this fantastic Yampu trip.

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.

This trip can be customized to fit your individual travel dates and any specific requests you may have. Your travel consultant will prepare a customized itinerary for you. We offer a choice of 3, 4, 5-star and deluxe hotels. The Deluxe option comes with the following Orient Express hotels: the Sanctuary Lodge in Machu Picchu, Monasterio in Cuzco and the Park Plaza in Lima. You may also choose to upgrade to the luxury Hiram Bingham train from Cuzco to Machu Picchu.

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	3-Star	4-Star	5-Star	Deluxe
Double	\$ 3910	\$ 4297	\$ 4615	\$ 5063
Single	\$ 4954	\$ 5503	\$ 5867	\$ 6722

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



Spa



Machu Picchu

Itinerary

Day 1

Overnight flight to Lima.

Day 2

Day 3

Morning transfer to the airport to take the flight to Cuzco. Upon arrival in Cuzco, transfer to your hotel. Afternoon city tour of Cuzco, visit the Korikancha Temple or Temple of the Sun and the Cathedral and its Art Museum. After your visits, you will continue to the nearby water shrine of Tambomachay (the Inca Fountains), Puca Pucara (the Red Fortress), the amphitheater of Kenko and finally the Sacsahuaman Fortress. After the tour, return to your hotel.

Note: Because of the altitude in Cuzco, we recommend that this tour be done privately at your own pace, at an additional cost of \$28 per person, based on two people.

Day 4

Morning transfer to the train station. The train takes us through the Sacred Valley of the Incas up to the town of Aguas Calientes. From here, we will board a bus to Machu Picchu. We will then 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 marshes of the Inca Empire. The central buildings were erected with the polished stone works of the Cuzco 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. You will have time to enjoy a light lunch or snack and return to your hotel at your leisure. In the evening, we will enjoy a wonderful dinner at the hotel or in Aguas Calientes.

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.

Day 5

Day at leisure. You may choose to return to Machu Picchu, hike Huayna Picchu or relax in the village of Aguas Calientes and its hot springs. In the afternoon, we will board the train to return to Cuzco. Upon arrival, train station reception and transfer to your hotel.

Note: Entrance tickets to Machu Picchu on this day are not included. Please contact your Yampu travel consultant if you think you would like to go back to the ruins or hike the Huayna Picchu at time of booking (subject to availability).

Day 6

Transfer to the airport to take the flight to Puerto Maldonado. Upon arrival, transfer to Refugio Amazonas Lodge headquarters. While enjoying your first taste of the forest in the garden, you will be asked to pack only the necessary gear for your next few days, and leave the rest at our safe deposit. This helps us keep the boats and cargo light. Skirting Puerto Maldonado, we drive 12.43 miles to the Tambopata River Port, entering the Native Community of Infierno. The two hour boat ride from the Tambopata Port to Refugio Amazonas will take us through the

Community of Infierno and the Tambopata National Reserve's checkpoint and into the buffer zone of this 1.3 million hectare conservation unit. Lunchbox will be provided during the trip. Upon arrival, the lodge manager will welcome you and brief you with important navigation and security tips. We will now focus on "Energy Cleansing" or cleaning the negative energy in our body to attract harmony and happiness.

Day 7

Before having breakfast, we will hike in the jungle until getting to an 82.02 feet scaffolding canopy tower. A staircase running through the middle provides safe access to the platforms above. The tower has been built upon high ground, and it allows you a preferential view of this primary forest, extended along the Tambopata National Reserve. From here views of mixed species canopy flocks as well as toucans, macaws and raptors are common. Later, we will have an Amazon Plant Ritual Bath. This is a special ritual usually performed by shamans of the Peruvian Amazon that use a mixture of master plants and tree barks. This ritual takes place inside a hole and aims to get the blessing from our Mother Earth. The ritual and the plants liberate us from bad energy and bring harmony and good luck to our lives. After this Ritual, we will have lunch.

In the afternoon, we will visit an ethno-botanical garden. This farm is owned and managed by charismatic Don Manuel from the neighboring community of Condenado. He grows a variety of popular and unknown Amazon crops - just about every plant and tree you see has a purpose. He has also identified and grow many of the medicinal plants used in the region in a little backyard garden. In the evening, we will clean our bodies in a purgative-plant ritual. This ceremony consists of drinking purgative plants from the rain forest in order to get rid of toxins both physical and emotional. There are many different purgative plants. As they target different physical and emotional levels, ask the guides and they will find the proper one for you.

Day 8

Fasting and Resting for the Ayahuasca Ceremony

Ayahuasca may be the most important hallucinogenic wine in Amazonian spirituality. It is used to heal and gain understanding. It was imported into Ese'eja culture from another ethnic group (probably the machiguengas) during the rubber boom. Because it is important to respect both the ceremonial and physical rigors of taking ayahuasca, it is necessary to fast and rest during the day of the ceremony.

In the morning, we will hike to Condenado Lake then paddle canoes around it looking for lakeside wildlife such as hoatzin and caiman and hoping to see the otters not frequently seen here. You will also be rewarded with colorful views of macaws. In the afternoon we will take a Rain forest massage. There are various options of massages: Spiritual Peace, Energizing, Anti-stress, Cat's Claws, Brazil Nut Oil, and Chuchuhuasi/Matico. During evening, we will be part of the Ayahuasca Ceremony. Ayahuasca is a sacred master plant from the Amazon. It has been used in this area since ancient times by shamans to heal their people's physical and spiritual diseases. Ayahuasca ceremonies are used for self discovery and emotional re encounter. The ritual is done during the night. At least one day before the ceremony a very soft diet is recommended, as well as no alcoholic drinks and sexual abstinence.

Day 9

After breakfast, we will recover from the Ayahuasca Ceremony by taking the day off: we will be resting and relaxing during the morning. After lunch, we will have an Aromatherapy session, a gift for both your body and soul. Aromatherapy is a complementary therapy based on the use of essential oils extracted from herbs, flowers, roots, grass and trees. You will be able to choose between three aromatherapies: Anti-stress, Romance and Passion. Depending on which you choose, you will be enjoying aromas of chamomile, lavender, jasmine, or sandal, among others.

Day 10

After breakfast, transfer to the Tambopata River Port and then to the Refugio Amazonas Lodge Headquarters. Upon arrival, transfer to the airport. Upon arrival in Lima, transfer to your hotel.

Day 11

Morning shopping tour of Lima, taking you to the famous handicraft markets accompanied by our guides. In the evening, transfer to the airport to take the flight back home, or overlap with the add-on of your choice.

Price includes:

Due to the nature of this excursion, a disclaimer of responsibility will be required.

Price includes air transportation from Miami to Lima in economy class (surcharge applicable from other cities), air transportation from Lima to Cuzco, Cuzco to Puerto Maldonado return, hotel accommodation including continental or buffet breakfast, all transfers between airports and hotels with assistance and baggage handling, guided tours in English including all entrance fees, and meals where specified.

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 Expedition train for 3-star category, and Vistadome train for 4-star category and above. Expedition train features comfortable seats, fixed tables, backpack storage, panoramic windows as well as heating and air conditioning. Vistadome is ideal for travelers who want 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. Upgrades available from Expedition to Vistadome; please add \$46 per person.

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.