



Living Spirit of the Amazon and Machu Picchu



Native of the Amazon

For hundreds of years, the natives of the Amazon Rainforest have used a highly potent, hallucinogenic mixture known as "Ayahuasca", which is supposed to cleanse your body and soul, healing you from illness or ill luck. Some people also use it to unite their male and female selves. This trip revolves around the Ceremony of the Ayahuasca, conducted by a Master Shaman. You will also visit the magical citadel of Machu Picchu, Cuzco and Lima.

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 is with the 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 London (UK), on non-holiday dates. You do not need to fly via London; 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	£ 3181	£ 3416	£ 3660	£ 3984
Single	£ 3813	£ 4270	£ 4582	£ 5201



Machu Picchu



Cuzco

Itinerary

Day 1

Take the overnight flight to Lima, Peru.

Day 2

Upon arrival, transfer to your hotel. Afternoon 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.

Note: check-in is normally after 2 pm. Early check-in may be granted subject to availability (not confirmed).

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. 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 the mountaintop citadel of 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 Lima and connect with the flight to Iquitos. Upon arrival, transfer to your hotel in Iquitos.

Day 7

Iquitos-Heliconia Amazon River Lodge

Transfer to the Port of Bellavista Nanay, where we will board a speed boat to the Heliconia Amazon River Lodge via the Amazon River. During this ride, we will be able to observe the convergence of the brown turbid Amazon River with the dark waters of the Nanay River. We will enjoy the impressive jungle landscape and the small, rustic houses of the riverside towns. Arrival at the Lodge and a complimentary jungle drink. Allocation of rooms and then lunch. In the afternoon, we will start a jungle hike into the Yanamono Reserve, which is a primary rainforest reserve, for approximately two hours accompanied by expert guides who identify various botanical species such as the Heliconia plant, medicinal plants and giant trees such as the white silk-cotton tree, whose dimensions are so large that 25 persons can circle the giant tree. During this time, we will also see various birds such as the turkey vulture, black-fronted nandou, and with a little luck we will be able to see small monkeys such as marmosets, and the titi monkey and the frailes monkey. Return to the lodge and rest. Free time. After observing the Amazonia sunset, we will take a night boat ride to the Manco Gulch, if the river is high enough or along the Amazon River where we will enjoy the magical sounds of the jungle and the light of the moon. Or, if it is a clear night, we can observe the constellations. Return to the Lodge. Meet with a Shaman who will explain the Ayahuasca ceremony. Dinner and overnight at the Lodge.

Day 8

Heliconia Amazon River Lodge

Early bird-watching. We will start off very early and go by boat to Cáceres Gulch or a similar gulch (if it's high water). We will be looking out for birds such as the tuki, ringed kingfisher and black-collared hawk. We will also be able to see the very impressive giant Victoria regia located inside the lakes that are on Yanamono Island (if the water level permits). Return to the lodge where a tasty, delicious breakfast will be waiting. After a brief rest, we will visit a Yagua village where we will have an opportunity to hear about their way of life. On the return trip to the lodge, we will stop by a sugar cane still where we will have a chance to taste the different drinks they make with the sugar cane rum. Return to the lodge. Lunch. In the afternoon, we will take a fishing trip into small tributaries of the Amazon River. The most daring can try for piranhas. During this time, we can also look out for the pink Amazon River dolphin; they can be very shy. Return to the Lodge. Dinner (people who have made the ritual will have a special dinner) 10:00 pm. Beginning of the Ayahuasca ritual, in a special place selected for this event. The ritual may last until sunrise, depending on the number of persons. Overnight at the Lodge.

Brief description of the Ayahuasca ceremony: It starts at 10:00 pm and is directed by the Master Shaman who takes a seat with the participants making a circle. The place has to be semi-dark and silent. The Shaman starts the ceremony "icarando" (smoking and blowing) the beverage with the smoke of Mapacho (Nicotina specie) asking the Almighty for permission and that of the spirits of the plants before starting the ritual. The effect of the hallucinogenic beverage is shown 20 to 30 minutes after drinking, and the trance lasts from 2 ½ to 3 hours.

Day 9

Visit to a riverside town

Breakfast in the Lodge. Full day in a riverside town, where we will be able to see the unique way of life of the people who live in this community. Return to the Lodge and rest. In the afternoon, we will take a trip to the Tahuampas (flooded jungle) by canoe for an hour where we will enjoy the marvelous landscape of the jungle. Dinner (people making the ritual will have a special dinner). 10 pm: beginning of the Ayahuasca Ritual, in a special place selected for this event. The ritual may last until sunrise depending on the number of persons. Overnight at the Lodge.

Day 10

Breakfast. Relax swimming and recovering in the hammock house. Transfer to the airport to take the flight to Lima and connect with the flight back home.

Day 11

Arrival.

Price includes:

- Prices include:
- Air transportation from Miami to Lima in economy class (surcharge applicable from other cities)
- Air transportation from Lima to Cuzco return, and Lima to Iquitos return
- Hotel accommodation including continental or buffet breakfast
- Lodge accommodation at Heliconia Lodge including all meals

-
- Two sessions with the Master Shaman
 - Bilingual guide during the ceremony
 - All transfers between airports and hotels with assistance and baggage handling
 - Guided tours in English including all entrance fees
 - 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.

The 5-star option includes a Superior room at the Pueblo Hotel including dinner. Due to the nature of the Ayahuasca excursion, a disclaimer of responsibility will be required; Deluxe option includes best available (5-star) hotel in Iquitos; Deluxe option available for this trip with the Orient Express hotels: Lima: Park Plaza; Cuzco: Monasterio; Machu Picchu: Sanctuary Lodge (all meals included at the Sanctuary Lodge).

Due to the nature of this excursion, a signed waiver will be required.