



# CULINARY JOURNEY THROUGH THE ANDES CORDILLERA

## Delicacies of Peru and Bolivia

18 days / 17 nights – HALF BOARD

*Peru is known internationally for its gastronomy. One of the countries in Latin America that has the most Michelin chefs, a variety of delicious local dishes, but above all a fusion meal that invites all travelers to try Peruvian cuisine mixed with other origins. Thus, some of these dishes have a strong influence on Japanese and Chinese migration. French and European cuisine in general has contributed with its sand's grain to make it totally different and within reach of any palate.*

*On the other hand, while the foreign influence on Bolivian food is not as marked as that of its neighbor, Bolivian culinary art has sought to maintain its roots and is spreading its best recipes as they were conceived even during the Inca period. It is not to be said that the local cuisine has suffered, as in Peru, a strong influence of the Spanish colony, reinventing it and adapting it to what was had in the country and using local ingredients.*

*Let yourself be carried away by your gastronomic adventure through two Andean countries such as Bolivia and Peru. We invite you to try the seafood cuisine in Lima and delight you with stunning views of the Pacific Ocean. The first night in Lima will also take you to enjoy a top-notch folk show accompanied by a delicious Creole meal. Then you will have your first class of Andean cuisine preparing the famous ceviche or marinated fish. The following days in Peru you will learn about the various types of potatoes and ingredients available in the country, such as meat, fish, seafood and an infinite variety of vegetables, making the menus an attractive mix of flavors, aromas, textures and colors. We don't forget the exotic food, so you can try the llama meat and the guinea pig, the cui.*

*Bolivia awaits you with various dishes such as apjtapi, a communal meal where potato predominates, including chuño or dehydrated potato. For Huatia, you will learn how the ingredients of dinner are prepared to cook them underground. In addition, you will try a quinoa soup, the Andean rice.*

*In the midst of so many delights, you can of course know the most important tourist attractions of both countries. To mention some, the list includes Macchu Pichu, Lake Titicaca, Colca Canyon, Nazca Lines, Salar de Uyuni and the colonial cities of Sucre and Potosí.*

*Finally, we will invite you to taste the local drinks in both countries, both made from selected grapes. We are talking about pisco in Peru and singani in Bolivia, both comparable to the famous Italian drink, the grappa.*

### DAY 1 (Wednesday) ARRIVAL IN LIMA

Upon arrival at Jorge Chavez International Airport, our bilingual staff will transfer you to the selected Hotel, where we will briefly describe the activities you will attend during your stay in Peru and Bolivia.

### DAY 2 (Thursday) LIMA

Breakfast at the Hotel. Today you will begin your contact with South America by taking a tour of the city of Colonial and Modern Lima, visiting one of the UNESCO World Heritage sites. Get acquainted with the Capital of Peru, its 2000 years of history and colonial heritage, visiting the Historic Center of Lima with its Cathedral, Church and Convent of San Francisco (Catacombs), Convent of Santo Domingo, Plaza Mayor and Palacio de Gobierno. On our route to the southern districts, we'll stop for a tasting lunch at Cala Restaurant, the perfect place to savor *seafood cuisine* and revel in stunning views of the Pacific Ocean.

**PRICE PER PERSON  
IN DOUBLE OCCUPATION**  
**EUR 3.615.-**  
**Surplus single room**  
**EUR 595.-**

### FIXED DEPARTURES FOR GROUPS 2025

Augusto 06	August 20
September 10	September 24
October 08	October 22
November 06	November 20
Dezember 10	

**Minimun participants: 4 Pax**

**Private trip anytime upon request**

### INCLUSIONS

- ✚ Transfers and visits by bus shared with other customers.
- ✚ Local flights (Lima-Arequipa, Arequipa-Cuzco, La Paz- Uyuni-La Paz
- ✚ 17 nights in selected hotels
- ✚ 17 breakfasts, 15 lunches and 8 dinners
- ✚ All transfers and excursions mentioned in the program
- ✚ Local guides in English for all excursions and transfers.
- ✚ Cooking shows and tastings according to the program.
- ✚ Tickets for all visits to Museums and Natl. Parks

### NOT INCLUDED

- Internationalflight s ls and airport fees
- Meals and drinks and other services do not mentionors in the program.
- Tips for guides, conductors and trunks.
- Personal expenses







### DAY 3 (Friday) LIMA

Breakfast at the hotel. In the morning, we will visit an open market to try a variety of Peruvian fruits, vegetables and seafood and get the ingredients you will need today. Later, our guide will take you to one of Lima's most renowned restaurants for your first *class of "Hands in the Kitchen"*. The chef and his team will teach you how to prepare typical Peruvian dishes, such as the famous Ceviche and the national drink called *pisco sour*. Of course, you will actively participate in the kitchen and after tasting, we will get a delicious lunch. The afternoon is free for private activities. In the evening we will go to the restaurant La Huaca Pucllana where you will dine on the terrace that overlooks a royal pre-Inca archaeological site, built between 200 and 700 d. C., and next to a 1500-year-old adobe pyramid. With a philosophy based on paying homage to the roots of Peruvian cuisine, using the excellent ingredients available in the country, such as meat, fish, seafood and an infinite variety of vegetables, the menus are an attractive mix of flavors, aromas, textures and colors. Return to hotel. (B) (L) (D)

### DAY 4 (Saturday) LIMA - PARACAS - ICA

Breakfast at the Hotel. Early in the morning, you will have a road trip from Lima to Paracas Bay. First you will visit the Paracas National Reserve, a master reserve of ecology, located in Ica, in the coastal desert. It is one of the richest marine ecosystems in the world. After the visit, we will proceed to the city of Ica. Upon arrival, we will visit one of the oldest wineries in the south, where you will experience how to make *Pisco*, starting with grape selection, maceration, and distillation. You can try a variety of Piscos and buy some of them. Afterwards, we will have our next class of *"Hands in the kitchen"* where you will participate in the elaboration of some dishes of the region, followed by a buffet lunch, where you will try the dishes you have prepared with the chef. After the tour, you will return to Paracas and check into the HOTEL HACIENDA PARACAS. The rest of the day is free. (B) (L)

### DAY 5 (Sunday) BALLESTA ISLANDS - NAZCA - LIMA

Breakfast. In the morning, boat trip to the Ballestas Islands, the small Galapagos. After the visit, we continue to Pisco airport (15 minutes from Paracas) for the fly over the Nazca Lines (flight subject to weather conditions). You will also appreciate the Palpa Lines and the new discoveries in Pisco, Ocucaje and Cahuachi. Among other figures, you'll see the astronaut, the monkey and the spider. Return to Lima by the South Pan American Highway. En route, you will enjoy a delicious typical lunch. Arrival in Lima. Free time to shop, for example, at Miraflores Craft Market. (B) (L)

The view and surroundings of Cala combine perfectly with its food, a tasty fusion of Mediterranean and Peruvian cuisine prepared by a talented team of chefs. After lunch, we returned to the hotel to rest. After a while, you will be picked up and taken to Hacienda Mamacona to see the show "the Peruvian step horse and the National Celebration" - incredible spectacle of the best horses - and tasting dinner. This beautiful farm is located 20 kms south of Lima. You will experience an exhibition of the beautiful "STEP HORSES" and you will be able to ride one of these unique horses. The show will be accompanied by a delicious *Creole food tasting dinner*, as well as a spectacular musical show, where you can enjoy the traditional dances of the different regions of the country. Transfer to the hotel. (B) (L) (D)

### DAY 6 (Monday) LIMA - AREQUIPA - CAÑON COLCA

Breakfast at the hotel. Airport transfer for your flight to Arequipa. Upon arrival, transfer to the hotel. Lunch in a typical regional restaurant. Our guide will explain about the local cuisine before lunch. The menu contains an exquisite variety of typical Arequipa dishes, as well as live music and dancing to make the visit an unforgettable culinary experience. In the afternoon, you will walk through the Historic Center, Declared by UNESCO as a World Heritage







Site, built mainly with a local stone, a pale volcanic rock, giving Arequipa its glorious architecture and its appropriate nickname, "the White City". Later, visit the Convent of Santa Catalina. Overnight in Arequipa **(B) (L)**

#### **DAY 7 (Tuesday) AREQUIPA - COLCA CANYON - AREQUIPA**

An early start from Arequipa to the village of Chivay at approximately 04:00 a.m. Then you will visit the village of Yanque and the viewpoints of Antahuilque and Choquetico. This is followed by a visit to Cruz del Condor to see the Colca Valley (the second deepest canyon in the world, more than 4 kilometers deepest) followed by an amazing view: the great and majestic condor flying just a few meters away. On the way back to Arequipa, visit the villages of Pinchollo. Lunch at El Balcon Restaurant by Don Zacarias. Back to Arequipa.

Overnight in CASA ANDINA CLASSIC AREQUIPA or similar. **(B) (L)**

#### **DAY 8 (Wednesday) AREQUIPA - CUSCO - SACRED VALLEY**

Breakfast. Transfer to the airport to take your flight to Cusco. Upon arrival, transfer to your hotel. After a short break, visit the city including the convent of Santo Domingo, a colonial monastery built on the Koricancha temple, one of the most important temples dedicated to the worship of the sun, the Plaza de Armas and the Cathedral. We continue to the countryside on the outskirts of Cusco to visit some of the remarkable Inca ruins in the area, including Sacsayhuaman, the temple and the Kenko Amphitheatre, and the Red Fortress of Puca Pucara. On the way back, we will take you to the *"Potatoes' Park"*, for a late lunch at the Papamanka restaurant in the park. Try a variety of potato dishes while enjoying magnificent views of the park. This park is a 22,000-acre potato reserve located near Cusco with more than 1300 varieties of potatoes that originate from the Andes Mountains in South America. After lunch, you can learn about the various types of potatoes and the role these crops play in the lives of local people and their culture. Lake Kinsaqocha, native potato fields and workshops with crafts and medicinal plants are included on the tour.

Return to Cusco to your hotel. Overnight in Cusco. **(B) (L)**

#### **DAY 9 (Thursday) SACRED VALLEY/ MACHU PICCHU**

Breakfast at the hotel. Today we will take a trip to the Urubamba Valley, the Sacred Valley of the Incas, starting the tour with the visit on the Awanakancha route, where South American camels are bred. Learn about the superb flame fibers, alpaca and vicuña, as well as the ancient tissue techniques that are still in use. Continue to Pisac and visit the market. Lunch at El Parador de Moray in the Sacred Valley of the Incas. It is located in a privileged area, a few meters from the archaeological site of Moray, and offers a culinary proposal designed by the renowned chef Coque Ossio. Parador de Moray allows the passenger to enjoy a delicious typical meal, while contemplating the impressive snow-capped peaks and terraces of the valley. Later, visit Ollantaytambo, an Inca fortress. After admiring the magnificent past of the site, you will take a walk through the picturesque streets of the city by day. Overnight in CASA ANDINA PRIVATE COLLECTION **(B) (L)**

#### **DAY 10 (Friday) MACHU PICCHU - CUZCO**

Breakfast. Transfer to Ollanta station to board the train to Machu Picchu. Arriving in Aguas Calientes, you'll take a 25-minute coach ride to "The Lost City of the Incas," discovered by American explorer Hiram Bingham in 1911. Then you will have a guided tour of the wonderful citadel, an astonishment inspiring experience. Later, feel free to stroll through the archaeological site. Buffet lunch at Machu Picchu Sanctuary Lodge, the only hotel located next to this ancient Inca citadel. Sit down on a terrace and taste Peruvian cuisine based on products grown on the Hotel's own plot. In the afternoon, you will return to Cusco via Ollanta. Tonight, you'll enjoy a farewell dinner at Map Café Restaurant, a unique gourmet experience in Cusco. The restaurant's experienced chef reinterprets Peruvian







classics with a personal touch and achieves memorable results. Overnight in Cusco. (B)(L)(D)

#### DAY 11 (Saturday) CUZCO - PUNO

Breakfast buffet. Today we continue to travel by land to Puno, on a road that crosses the most beautiful landscape with snow-capped mountains, hot springs and small villages of the Altiplano. On the way we will make some visits. Lunch included. Upon arrival reception and transfer to Hacienda Puno hotel (B) (L)

#### DAY 12 (Sunday) PUNO - COPACABANA - SUN ISLAND

Breakfast. Today we will cross the border into Bolivia. We will be picked up in Puno and head to Copacabana, the most important Catholic shrine, where the figure of the Virgin Mary of the sixteenth century is venerated. The church was built by the Spanish conquistadors to house this image. After the visit, we head to the port and began our smooth hip hole cruise to Moon Island by visiting the Temple of the Sun Virgins Iñak Uyu, a temple dedicated to the Sun Virgins. After the visit, we continue to isla del Sol to visit the Temple of the Sun "Pillcocaína". Light walk with llamas to the "Posada del Inca Eco Lodge". Lunch will be served in the form of a communal meal called "*ajtapi*". Right after lunch, we'll start preparing dinner with our chef. The "*huatia*", the name for a buried oven, is a typical way to cook food, placing it in a hole and covering them with soil, where we will keep a campfire until the cooking time ends, many hours later. Free time to explore the surroundings. Around 6pm a guided walking tour of the island will begin visiting the community before reaching the top of the island for an impressive sunset on Lake Titicaca. When we return, our "*huatia*" (dinner) will be ready and we can enjoy what we have prepared before. Overnight at the "Posada del Inca Eco Lodge" (B) (L) (D)

#### DAY 13 (Monday) ISLA DEL SOL - HUATAJATA

After breakfast, visit the Inca Staircase and the sacred fountain and try the sacred water believed to bring eternal youth and happiness. Lunch at the archaeological restaurant "Uma Kollu" with prior explanation of Incas grains such as amaranth and quinoa with tasting. Our chef and guide will explain how to make a typical *quinoa soup* after you have tried it. After lunch we will head to Huatajata. Upon arrival, you experience the "Ecological Village of Andean Roots": visit the Altiplano Museum, where a state-of-the-art audio system will explain in your own language the cultural heritage of the Aymara and the Incas, the colonial era and Jacques Cousteau's expedition to Lake Titicaca. In addition, if you wish, depending on the weather conditions, you can *fish your own* Titicaca trout for dinner. Before dinner, audiovisual and evening visit to the "Mystical World of the Kallawayas", Bolivia's natural healers authorized by law to practice natural medicine. "Tata Benjo," our Kallawaya, will bless visitors and read the future by throwing away their sacred coca leaves. *Welcome cocktail and candlelit dinner*. After dinner, visit the native observatory "Alajpacha". Learn from the worldviews of the Aymaras and observe the constellations of the south, simply unforgettable. We will spend the night in "Inca Utama Hotel & Spa" (B) (L) (D)

#### DAY 14 (Tuesday) HUATAJATA-UYUNI-UYUNI SALT LAKE-COLCHANI (E-bike-Tour: 57 km)

Very early in the morning, depart for La Paz airport to take your flight to Uyuni. Our guide and vehicles will pick you up at Uyuni Airport and invite you to breakfast at our meeting place. At 8:30 a.m. we begin with an explanation of the qualities of electric bikes and their handling, as well as tips for the tour. The guide will indicate the route to be defined according to the weather conditions of the day. Since the distances are relatively large, the route to be covered is defined by the group according to the suggestion of the tour guide. Departure at 9 a.m. Along the way we will visit the train cemetery and after a short break we will continue to the indigenous village of Colchani, where we will see the elaboration of iodine salt in its rustic form. You will enter the white desert in its fullness with typical







extraction landscapes such as salt pyramids, salt eyes and the first hotel built entirely of salt, which is now a local museum. Our guide will look for the ideal place to enjoy a picnic. After lunch, we will visit the island of Sajchilla with ancient cacti, an unexplored place. We continue to our hotel. Accommodation at the selected Hotel de Sal. At the end of the afternoon we will find the ideal place to watch the sunset accompanied by a welcome drink. Return to the hotel, dinner and accommodation. **(B) (L) (D)**

**DAY 15 (Wednesday) COLCHANI – LAGUNAS – AVAROA NATIONAL PARK (E-bike-Tour: 45 km)**

After breakfast at 8:00 am, we leave the hotel in a southerly direction, we return with electric bikes to salar with paradisiacal landscapes, towards the island of Incahuasi, whose translation of quechua is "Casa del Inca". The island is completely surrounded by the huge salt area of salar de Uyuni and its relief is steep. It contains a large number of giant cacti (*Echinopsis atacamensis*), which can reach more than 10 meters in height. Subsequently, we continue our journey to the municipality of San Juan, natural view of the Ollague volcano (active), with visit of the "comunarios" (locals) and continuation towards Laguna Hedionda. Registration at the eco-hotel Los Flamencos. After accommodation and a short break, walk along the shores of the lagoon, where you can see the three species of flamingos a few meters away. Return to the hotel, where the chef will be waiting for us with a typical Bolivian dinner called "*lamb to the stick*", lamb with sweet potatoes and choclo (corn cob). Overnight. **(B) (L) (D)**

**DAY 16 (Thursday) AVAROA NATIONAL PARK – UYUNI - LA PAZ (E-bike-Tour: 46 km)**

Breakfast at the hotel. Departure before sunrise to Eduardo Avaroa Reserve National Park with visits to Laguna Hedionda, Charcota, Siloli Desert, Stone Tree, Laguna Colorada with geysers and hot springs, Dalí Desert and Laguna Verde. After returning to the city of Uyuni we will visit the Valley of the Rocks, and authentic villages such as Villa Alota, Culpina K and the mining village of San Cristobal with its church. Arrival in Uyuni and transfer to the airport for your flight to La Paz in the afternoon. Upon arrival, transfer to your hotel in the city center. We'll spend the night at Hotel Europa or similar. **(B) (L)**

**DAY 17 (Friday) LA PAZ**

After breakfast, we will visit La Paz, the administrative capital, and the largest city in Bolivia. La Paz and its surroundings will take you to a mysterious past, where each corner, every street, is a hidden treasure where adventure awakens a living story that will be reflected in all its pre-Hispanic traditions and the magic of its past. The colonial, indigenous and modern neighborhoods, the indigenous market, the witch market and fascinating scenarios are framed by the majestic "Illimani", the mountain monument, in the Andes Mountains. Finally, we visited the Valley of the Moon, where you will see strange clay formations. The highlight of the day is the ride on the modern cable car enjoying the city literally from the air. Return to the hotel. In the evening, we will have a buffet dinner with a variety of culinary delights typical of Bolivia, such as *sajita de pollo (spicy chicken)* or *ají de lengua (spicy tongue)* among others **(B) (D)**

**DAY 18 (Saturday) LA PAZ - RETURN FLIGHT**

Breakfast. Free day for private activities. Enjoy the hotel's facilities, relax or return to the city by walking through the artisans' quarter, where you can do your final shopping. Or take a ride on another cable car line to see the city from a bird's eye perspective. Transfer in time for your flight back home. End of our services. **(B)**

**(B)** Breakfast **(L)** Lunch **(D)** Dinner

