



ITINERARY

Day 1: Wednesday, September 1st

Arrivals

Guests will be picked up from Cusco Airport by our driving staff and taken to El Truco Boutique Hotel which is fifteen minutes away from the airport. This will be a day of rest and acclimating to the high elevation.

Dinner: El Truco

Day 2: Thursday, September 2nd

Breakfast: El Truco

Following breakfast we will hop in a van and head to Willka T'ika Wellness Retreat & Boutique Hotel, our primary residence for the duration of the retreat.

Guests will receive herbal baths and massages over the course of the day as well as a tour of the chakra gardens.

** one herbal bath per guest is complementary with registration. We will have a schedule over the course of our time at Willka T'ika so those who don't receive an herbal bath on the first day will receive one over the course of the visit. Massages can be booked through the hotel registration.*

Lunch & Dinner: Willka T'ika

Day 3: Friday, September 3rd

Morning Yoga

Breakfast: Willka T'ika

Following breakfast, we'll visit the Urubamba Farmers Market which is a ten minute drive from the hotel. Andean culture holds a deep respect for the earth and its harvest as expressed through the divine feminine energy of Pachamama. At the Urubamba market we will see the local crops including fruits, vegetables, nuts, spices, coffee and more.

After our visit to the market, we'll walk fifteen minutes to the Seminario Ceramics Center. Founders Pablo & Marilu Seminario have been an integral part of preserving & celebrating Inca ceramic artistry.

Lunch: Da Colektor Cafe

Following our visit to Seminario Ceramics Center we'll cross the street and have lunch at Da Colektor Cafe, known for its lovely modern/rustic design and healthy menu.

Return to Willka T'ika

Synergy Movement Class: after an afternoon siesta guests have the option of taking a Synergy Movement class with Synergy instructor, Saulo who specializes in functional and creative movement.

Dinner: Willka T'ika

Day 4: Saturday, September 4th

Having spent a few days acclimating to the Sacred Valley, on Saturday we set off on a journey to Rainbow Mountain. We'll rise up at 5am and depart for the two hour journey.

Breakfast: packed and eaten during the trip

Hike Rainbow Mountain: the hike is approximately 2.5 hours to the summit; 1.5 hours descent.

Vinicunca or "Rainbow Mountain" is an incredible mountain of colors that receives its name due to the mineral deposits and the geological formation accumulated over millennia. The mixture of marine, lake and river elements contribute to its extraordinary appearance.

Lunch: we'll have lunch at a lovely restaurant at the base of Rainbow Mountain.

After lunch we head back to Willka T'ika

Dinner: Willka T'ika

Day 5: Sunday, September 5th

Morning Yoga

Breakfast: Willka T'ika

Following breakfast the group will travel 45 mins to Moray where we will participate in a walking tour of the archeological ruins.

Lunch: Don Angel Inka Casona Restaurant which has a lovely buffet

Following lunch we will visit a workshop of Chinchero weavers. The weavers will give us a presentation sharing their traditional dyeing techniques and the ancient stories that are embedded within their designs. These images pay homage to the natural elements and the universal balance of feminine and masculine energies. Chinchero is also notable for having maintained Inca culture in spite of attempts by the Spanish to “civilize” and reform the culture. The residents of Chinchero have handed down the ancient textile science of the Inca including traditional looms; the use of various herbs, plants and vegetation for their dyes; and Incan designs which hold cultural values that have a lot to teach us our current time.

Dinner: Willka T'ika

Day 6: Monday, September 6th

Morning Yoga

Breakfast: Willka T'ika

Following breakfast we will travel for one hour to the Písac temple and observatory. The history of Písac town extends to more than 5,000 years. The temples were constructed in 1440 by the Inca emperor, Pachacuti.

After the group has toured the temple at Písac, we'll visit the Písac market where guests will peruse local shops and kiosks with a variety of artisan crafts including crystals; woven alpaca garments; andean instruments; and a range of traditional and contemporary artwork.

Lunch: Ulrike Restaurant, Písac.

This lovely restaurant, owned by an Austrian woman who settled in Písac has a wonderful menu of fresh Peruvian and international dishes with excellent vegetarian and meat options. The deserts are not to be overlooked!

**guests will pay for lunch*

Return to Willka T'ika

Dinner: Willka T'ika

Day 7: Tuesday, September 7th

Early Breakfast: Willka T'ika

Following breakfast we will drive for one hour to Ollantaytambo where we'll board a train to Aguas Calientes, the town that rests at the foot of Machu Picchu! From Aguas Calientes we'll take a bus ascending the mountain to the sacred site of Machu Picchu. Machu Picchu is the

most recognized icon of the Inca civilization. The site was discovered by western civilization in 1911 by American historian Hiram Bingham. We will go on a guided tour of the sacred site and gain a deeper understanding of its purpose in Inca society and the details of its construction.

Lunch: Aguas Caliente (at the base of Machu Picchu)

**guests will pay for lunch themselves*

Following lunch we will board the train back to Ollantaytambo. A shuttle will pick us up at the train station and take us back to Willka Tika for dinner.

Dinner at Willka T'ika

Day 8: Wednesday, September 8th

Morning Yoga

Breakfast: Willka T'ika

This will be a day for massages, herbal baths, cocoa readings for those who reserve a session and rest.

Lunch: Willka T'ika

Dinner: Willka T'ika

Day 9: Thursday, September 9th

Morning Yoga

Breakfast: Willka T'ika

We'll leave the morning open for relaxation; massages; herbal baths, and cocoa readings. We can use this time to pack our bags and prepare for our trip back to Cusco following lunch.

Lunch: Willka T'ika

Following lunch we'll get in our van for the hour and a half trip back to Cusco. Once in Cusco we'll check into El Truco Hotel and go on a walking tour of the city for those interested. This is a great time to pick up last minute gifts for the folks back home.

Dinner: Restaurant in Cusco

**guests will pay for dinner*

Day 10: Friday, September 10th

Breakfast: El Truco

We will arrange shuttles to the airport throughout the day according to guests' departure times. For those leaving later in the day lunch can be taken at El Truco or a nearby restaurant in Cusco.

PLANNING FOR THE RETREAT

Purchasing your ticket:

we suggest buying your flight from your home city to Cusco. There will be a layover at the Lima Airport. Hopefully your layover is not too long. But if it is or if it's overnight, Lima has a nice hotel in the airport. Here is the link:

<https://www.wyndhamhotels.com/wyndham/lima-peru/wyndham-costa-del-sol-lima-airport/overview>

Once you connect to your domestic flight from Lima to Cusco we will be at the Cusco Airport to pick you up.

If you'd like to arrive a couple of days early and spend time in Lima, the coastal capital of Perú, please let us know and we will arrange transportation for you and will connect you with our favorite spots in the city.

We highly recommend that you purchase travel insurance in case there are unforeseen travel challenges with respect to COVID regulations. We will update guests as to the current travel requirements to enter and leave Peru closer to the time of the retreat.

What to pack:

Temperatures in Cusco typically fluctuate daily. Evening time is chilly and daytime is usually sunny and warm. Layering is the key. We'll be at hotels for the duration of the retreat, so though you should pack for the cold, you'll always have a warm bed at night. Here are some items that we find useful:

- A light down vest or jacket
- Long undershirts
- At least one heavy sweater but remember, Peru has some of the best and coziest sweaters in the world made from alpaca wool!
- Hiking boots for the Rainbow Mountain hike
- A daypack for all of the day trips
- A rain shell just in case
- A water bottle
- An empty duffle bag to carry all of your beautiful garments and artwork back home!

