TOUR CODE

EP6

ADVENTURESABROAD

ECUADOR, GALAPAGOS, PERU & BOLIVIA

The Full Series

36 days

Updated 06/01/2013

Day 1 *Arrive in Quito*

Arrive in Quito and transfer to our hotel. Quito (2788 m / 9,200 feet) is Ecuador's lovely capital city, nestled against Pichincha Volcano high in the Andes.

Overnight in Quito. Meal plan: Dinner, if required.

Day 2 *Quito - Amazon*

Today we fly to the Ecuadorian Amazon and the Cuyabeno Lodge, our preferred accommodation.

Our 30-minute flight takes us from Quito to Lago Agrio where we will meet our naturalist guide and continue by bus to the Cuyabeno Reserve bridge where we will continue our trip by boat for an other hour and a half. From the boat we will have the chance to see some of the wildlife of the reserve, like monkeys and many bird species such as the colourful macaw

Cuyabeno National Park is the largest protected area of Ecuador, covering about 603,380 hectares of mostly pristine jungle. The lakes and narrow rivers are the secret of wildlife visibility of Cuyabeno. Throughout the Amazon region, most national parks lack narrow rivers and can only be seen from very wide branches of the Amazon river and from trails through the jungle. In Cuyabeno, on the other hand, the shores are so close on both sides that you feel that you are part of the jungle. The Cuyabeno Amazon Rainforest Lodge is one of the longest established jungle lodges within the Amazon region and is operated by international conservationists who helped create and protect the park.

Seven detached cabins made of wood with thatched roofs scattered throughout the grounds, each sleeping two people in double or twin beds. All rooms have a balcony or terrace and private bathrooms with hot water showers.

Upon arrival we'll have some welcome drinks and, after a little break, go for the first jungle walk on the Chorongo Trail where we can learn more about the local flora and fauna. After dinner an optional night walk.

Please note that groups of fewer than 8 participants will not be accompanied by an Adventures Abroad Tour Leader for this Amazon portion (you will be very capably looked after by lodge staff & guides).

Overnight in the Amazon. Meal plan: Breakfast, lunch and dinner.

Day 3 *Amazon*

You will experience a pristine rainforest gallery that is home to 1,500 species of trees, hundreds of climbing vines, and exotic flowers, as well as 550 species of tropical birds, 13 species of monkeys and 1,000 beautiful butterflies. Guides with extensive knowledge of the Amazon wildlife and biodiversity can give guests the true experience of the Ecuadorian Amazon jungle. All of our jungle adventures will be guided by a naturalist guide.

This morning we'll visit the canopy tower where we will have the chance to spot more bird and mammal species. This afternoon we can enjoy an easy canoe ride and perhaps fish some piranhas! After dinner, an optional canoe trip to see some caimans.

Overnight in the Amazon. Meal plan: Breakfast, lunch and dinner.

Day 4 *Amazon*

Today we visit a local Siona community, an integral part of any complete tour of the Cuyabeno Reserve. This ethnic group lives along the Cuyabeno River in a community named Puerto Bolivar.

You will be able to experience native culture as it has existed unchanged for millennia. The local Shaman will instruct you in some of their religious practices and explain their medicinal knowledge, passed down from ancestors whose intimate relationship and deep understanding of the natural resources and rhythms of the jungle are the basis for many of our modern pharmaceuticals.

Overnight in the Amazon. Meal plan: Breakfast, lunch and dinner.

Day 5 *Amazon - Quito*

Today we transfer to the Cuyabeno Reserve bridge where the bus will be waiting to take us back to the Lago Agrio Airport for our flight back to Quito.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 6 *Quito - Otavalo Valley - Ibarra*

Today we journey north to the Otavalo Valley region.

In early years the Otavalo Valley was filled with farmers who raised crops in fertile lands where they lived. In the 14th century the Inca expansion reached north into the Otavalo area. The Caraquis who inhabited the area resisted the invaders. For 17 long years fierce fighting continued as the defiant Caraquis refused to be subjugated by the Incas. The Spanish arrived a few years after the Incas. They established a Hacienda system of workshops where Otavalenos were forced to work 15 hour days weaving fabrics. Today this weaving tradition forms the basis of a lucrative industry that has allowed the Otavaleno indigenous peoples to join the world economy while retaining their traditional values and skills. During our time in the valley we will have a chance to visit with the local Otavalenos and see them working their craft. We visit a traditional home with adobe walls and visit with the owners who raise guinea pigs, a local delicacy.

Our hosteria is located nearby the colonial town of Ibarra (2121 m / 7,000 feet), known as the "White City" since many of it houses are colonial style, red-tiled and whitewashed.

Overnight in Ibarra. Meal plan: Breakfast and dinner.

Day 7 *Ibarra - Otavalo Market - Avenue of Volcanoes - La Cienega*

This morning we visit Otavalo to experience the market. This market is centered around 'Poncho Plaza'. All day long, the whir of cotton candy machines, Andean pipe music, and Quichua, the native tongue derived from the Incan tongue, drift across the square. A blinding maze of coloured textiles spills from the square across the town.

We depart Otavalo to follow in the footsteps of the German scientist, Alexander von Humboldt, and rediscover what in 1802 he called the "Avenue of Volcanoes," a 325 km (202 mi) long valley between the major cordillera ranges. Massive and standing alone, the volcanoes provide brooding, snow-covered contrast to the green equatorial lushness. We see snow-capped summits, mystical brooks and rivers, terraced farmlands, small villages and fascinating cultures.

The area is also home to a number of exceptional haciendas, some of which date back to the 16th century. La Cienega Hacienda is located near the village of Lasso near the foot of Cotopaxi and has been witness to centuries of important events in the history of Ecuador.

Overnight at Hosteria La Cienega. Meal plan: Breakfast and dinner.

Day 8 *La Cienega - Banos*

Today we continue our journey to Banos. This small town's elevation gives it an extremely agreeable climate and the surrounding mountainsides are brilliant green against the white summit of the Volcano Tungurahua. En route we have a short walk to view one of the most impressive waterfalls in South America, the Devil's Bowl.

The word Banos means "baths" and, as the name indicates, the highlight is the numerous hot spring baths in the area. Today we have opportunity to visit the hot springs as well as wander the streets and market of this picturesque town. You can also hike into the nearby hillsides, along farmers' donkey trails through fields of corn, passion-fruit, and various other local products. A must-see is the Basilica dedicated to the Virgin of the Holy Water, credited with performing many miracles in the Banos area.

Overnight in Banos. Meal plan: Breakfast and dinner.

Day 9 *Banos - Riobamba*

After lunch in Banos we travel through open farmland flowing over the high ridges of the Western Andes. On arrival in Riobamba we will have a walking tour including the cathedral and the restored 1920's era Post Office, with free time for independent wanderings.

Overnight in Riobamba. Meal plan: Breakfast and dinner.

Day 10 *Riobamba - Chimborazo Reserve - Quito*

We depart Riobamba and head for Chimborazo Reserve for a scenic drive around the base of this almost perfectly-conical dormant volcano. Chimborazo (6310m / 20,833 ft), the highest summit in Ecuador, is the gem of the reserve along with the neighboring Carihuairazo Volcano. In the Indian language, Chimborazo means "mountain of snow". It is an enormous mass of overwhelming scale. Alexander Von Humboldt made an unsuccessful attempt to climb the mountain in 1802, and believed it to be the highest mountain in the world. This distinction lasted until the discovery of Mt. Everest fifty years later. Chimborazo was finally climbed by Edward Whimper in 1880. The Reserve of Chimborazo was created in October of 1987 to protect the extensive moors, the flora and the fauna of the region.

We will make several photo stops on our drive, and enjoy this starkly beautiful volcanic landscape. We have a chance to

see a vicuna, an endangered species. Vicuna are the smallest of the Camelid family standing at just 2ft 8"-3ft 7" at the shoulder. They are extremely refined and delicate to look at, cinnamon in colour with an apron of long white hair on their chest. The vicuna produces one of the finest fibres of any animal in the world. We also visit an interesting indigenous community at the foot of the mountain where they have been successful in creating a responsible travel and tourism industry.

We continue north to Quito.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 11 *Quito: City Tour*

Today we tour old Spanish Colonial Quito, preserved by UNESCO as a World Heritage Site. As we enter the streets of Old Quito we step into the past, surrounded by centuries-old architecture. We stop at the commanding Legislative Palace, whose murals record Ecuador's history. We will see Quito's most beautiful religious buildings, including the cathedral, the Independence Plaza, San Francisco Church, and visit one of Quito's most impressive religious buildings, La Compania church, whose ornate facade and solid gold altars make it one of the most famous of South American churches. We visit the famous Panecillo Hill with its towering winged statue of the Virgin of the Apocalypse with views of north and south of Quito and the surrounding mountains.

This afternoon we travel 22 km (14 miles) north of Quito to the Equator line monument, known as the "middle of the world," where you can stand with one foot in the Northern and the other in the Southern Hemisphere. We also visit the excellent on-site ethnographic museum with exhibits pertaining to the many indigenous peoples of Ecuador.

PLEASE NOTE: Due to logistical reasons, this is a "floating day" that may occur at a different point of our programme.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 12 *Quito - The Galapagos / San Cristobal*

This morning we fly from Quito to San Cristobal Island and board our cruise vessel for our exploration of the unique and beautiful Galapagos Islands.*

An archipelago of 12 large and several hundred smaller volcanic islands occupying a 4800 sq km (3,000 sq mile) area about 1000 km (620 miles) west of Ecuador, the Galapagos Islands have become one of the world's premier adventure travel destinations. Over the course of your visit, you'll enjoy up-close views of unusual, specially-adapted animals, plants and terrains including sea lions, tortoises, iguanas, land and sea birds, volcanic landscapes, unusual cacti and vegetation. Little has changed about the islands since Charles Darwin's visit in 1835 to "this little world within itself" inspired his first theories of evolution. Nearly the entire archipelago is a natural sanctuary where you'll have thrilling encounters with some of the world's last completely untamed wildlife that has never learned to fear the presence of humans.

We will be navigating the Galapagos on board the M/V Galapagos Legend, a 110-passenger luxury expedition ship totally converted in December 2001. The M/V Galapagos Legend has all-new passenger accommodations with 1800 sq m of social areas and was built with marine certified materials qualifying with Safety of Life at Sea specifications. All cabins are booked in outside 'superior' class with plenty of space for luggage in the wardrobe closet (Junior Suite cabin upgrades available; view cabins on www.gogalapagos.com). Private bathrooms feature hot and cold water, shower, and a hair dryer. Also aboard, a highly trained crew, 24 hour physician, and naturalist multilingual guides. An auditorium for conferences, spacious social areas, dining room, 24 hour coffee bar, swimming pool and sun decks, observation

platforms, cocktail bars, long distance calls, fully air-conditioned.

Upon arrival on San Cristobal, you will transfer to the ship, have lunch, and embark immediately for the Interpretation Center & Tijeretas Hill on San Cristobal (dry landing).

Dry landing in Puerto Baquerizo Moreno, capital of the Galapagos Islands. Passengers visit the Interpretation Center, an excellent place to learn about Natural History in the Galapagos. The Museum of Natural History displays information on the volcanic origins of the islands, their remoteness from the continent, ocean currents, climate, the arrival of the different species and their colonization, among other points of interest. The human history is also showcased, chronologically narrating the most significant events related to the discovery and colonization of the islands.

The Tijeretas Hill optional activity involves a high intensity walk amidst beautiful landscapes and a magnificent view at the foot of a frigatebird nesting colony.

Return to ship for passenger welcome and briefing; there is a presentation of the crew. At this time a safety drill is practiced.

Free time on board. After dinner a guide's briefing on next day activities in the auditorium.

PLEASE NOTE: You may visit www.gogalapagos.com for more information on the cruise and vessel. Most of our trips will be doing itinerary "D" -- exceptions are P29 & P30 in Sept/Oct 2013, and tour codes EQ, EP & PQ in early October 2013 only, when the cruise will do itinerary "B."

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 13 *Galapagos Cruise / Gardner Bay, Gardner & Osborn islets (Española)*

Wet landing on a beautiful white coral sand beach guarded by a colony of sea lions. There are no trails, so we stay along the shore where we can spot Galapagos hawks, American Oystercatchers, Galapagos Ground Doves, Hood mockingbirds, Yellow Warblers, lava lizards, marine iguanas, and three species of Darwin's finches: a subspecies (Geospiza fuliginosa) of the Large Cactus Finch, which is similar to the large ground finch, the Small Ground Finch (Geospiza fuliginosa) and the Warbler Finch (Certhidea Olivacea), another endemic subspecies. Swimming and snorkeling offer a great variety of Galapagos marine wildlife: king angelfish, Creole fish, damsel fish, parrotfish, manta rays, and white-tipped reef sharks.

Return to ship; the crew will welcome you with canapes followed by lunch.

PM - Dry landing. An island of geological interest, we explore volcanic formations and a riveting wildlife: large sea lion colonies and seabirds including Espanola mockingbird, Nazca Boobies and the spectacular Red-billed Tropicbird. You will also encounter marine iguanas, lava lizards, and the colorful Sally Lightfoot Crabs.

A somewhat lengthy hike will bring you among Nazca and Blue-footed Boobies, right up to nesting grounds that sometimes overlap the trail. Other birding favorites include Galapagos Dove, Galapagos Hawk, Swallow-tailed Gulls and the world's largest colony of Waved Albatross, an unequivocal highlight during mating season (May-December). Admire the island’s dramatic backdrop, featuring the famous Soplador, a seaward blowhole that shoots water some 23 m (75 ft) in the air.

Return to ship; the crew will welcome you with canapes. Free time on board. Guides briefing on next day activities.

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 14 *Galapagos Cruise / Post Office & Cormorant Point (Floreana)*

Wet landing. Located on the north side of Floreana, the bay is so-named because in 1793 Captain James Colnett installed a wooden barrel which served as an informal post office for sailors passing through, who would take letters with them to their destinations. Today, our visitors continue the tradition by placing unstamped postcards inside the barrel that should reach their
destinations for free. It can take weeks, months, even years, not arrive at all, or even arrive before you!

We may also encounter Darwin's finches, Yellow Warbler and lava lizards. Great snorkeling opportunities with Green Pacific Sea Turtles as well, this island is best known for its endemic vegetation: Scalesia villosa, Lecocarpus pinnatifidus, and Galapagos milkwort. Snorkelers can practice on the main beach among playful sea lions.

Return on board, the crew will welcome you with canapes. Lunch.

PM – Cormorant Point (Floreana). Wet landing on an olivine green sand beach. We hike from the black mangrove beds to a brackish lagoon, which usually holds one of the largest flamingo populations in the Galapagos. This island features some endemic plants such as Scalesia villosa, white and black mangrove, and holy stick. The trail continues to a beautiful white-sand beach, one of the most important nesting sites of Green Pacific Sea Turtles. It is important to avoid walking in the water due to the Sting Rays that may be hiding in the sand, which can be
dangerous if accidentally stepped on. From the beach one can spot sea turtles, Blue-footed Boobies plunging into the water, and small reef sharks floating along the shoreline in search of food.

This coral-sand beach marks the end of our trail, and we head back to the olivine beach we landed on to swim or snorkel amongst sea turtles, reef fish, sea lions and, on a good day, white-tipped reef sharks. A small colony of penguins resides on Floreana and can sometimes be observed as well.

Return on board, the crew will welcome you with canapes. Free time on board. Guides briefing on next day activities.

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 15 *Galapagos Cruise / El Garrapatero & Charles Darwin Research Station (Santa Cruz)*

El Garrapatero is a wide bay with multiple sandy beaches. Behind the beach is an area with a fresh water lake where you can come across pink flamingos, herons, mockingbirds, White-cheeked Pintail ducks, sally lightfoot crabs, oystercatchers and occasionally marine iguanas can be found.

PM - Dry landing. We visit the Station where the Galapagos giant tortoise breeding program takes place and you will have the opportunity to meet Lonesome George, the last surviving specimen of his species and symbol of our efforts to preserve the fragile Galapagos environment. It is an excellent place for visitors to be photographed with them. Admire a prickly-pear cactus forest and
a variety Darwin's finches and other land birds. The Darwin Station also works providing environmental education to communities and schools within the islands, and to tourists visiting the Galapagos Islands. You will also have some free time to visit the town and shop for souvenirs.

Return to ship; the crew will welcome you with canapes. Free time on board. Guides briefing on next day activities in the auditorium.

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 16 *Galapagos / Daphne - Guayaquil*

We circumnavigate the islet of Daphne, an eroded tuff cone formation that was created by successive volcanic activity, for an opportunity to see Darwin's finches, Blue-footed Boobies, Nazca Boobies, Red-billed Tropicbirds, Swallow-tailed Gulls, Brown Noddies.

Return to the M/V Galapagos Legend, check out* and depart to the airport for our flight to Guayaquil.

Upon arrival at Guayaquil, we have a sightseeing tour of this busy, vibrant port city. Guayaquil is Ecuador's largest city and is the focus of the nation's economy. Its economic power is due in large part to its location at the convergence of the Daule and Babahoyo rivers, just 70 kilometers from the Pacific Ocean. After suffering years of neglect from bureaucrats and corrupt officials, Guayaquil has taken its future into its own hands. Fueled by a newly discovered interest in attracting tourists and a greater commitment to small enterprise and entrepreneurs, Guayaquil is realizing its historically proven potential. Guayaquil renaissance isn't complete but signs of improvement are everywhere.

We visit the downtown of Guayaquil where we will see the Hemiciclo de la Rotonda where a great marble and bronze statue is erected, commemorating the meeting between two great liberators in America: Simon Boliivar and Jose de San Martin. A walk through the historic district of Las Penas gives one a glimpse into Guayaquil's past. We also visit El Malecon, one of the most important civic-touristic-commercial center of South America. We finish with a view of the Guayas River.

* PLEASE NOTE: As an exception to our general policy regarding the inclusion of tips in our tour pricing, gratuities for the ship's crew are NOT included in tour price. (We have found that trying to pre-pay tips on your behalf does NOT work, for a number of practical reasons). Accordingly, we suggest that you allow approximately USD 100 per person for satisfactory service.

Overnight in Guayaquil. Meal plan: Breakfast and dinner.

Day 17 *Guayaquil - Cajas National Park - Cuenca*

This morning we travel by private coach to Cuenca, over the continental divide and via Cajas National Park. En route we stop at a cocoa plantation and learn about its cultivation and the production of Ecuadorian chocolate.

The park contains hundreds of clear, cold lakes, streams and rivers. Weather permitting (which can be highly changeable at this altitude), the park can provide an excellent opportunity for us to hike the grassland of Paramo Region or visit a forest of polelypsis trees, the highest altitude tree in the world. Recently the park's management have brought in llamas and alpacas as part of a breeding program to re-introduce these animals to the southern highlands. Keep your eyes peeled for the many bird species that make the park their home, especially for the silhouette of a soaring (and extremely rare) Andean Condor which can sometimes be spotted here riding the thermal updrafts.

Continue to Cuenca.

Overnight in Cuenca. Meal plan: Breakfast and dinner.

Day 18 *Cuenca: Walking Tour & Museo del Banco Central*

Once the site of an Inca settlement, Cuenca (2648 m / 8,738 feet) today is considered Ecuador's most beautiful city. Its historical connection with Spain is marked by narrow cobblestone streets, quaint parks and romantic plazas. Charming

adobe houses, wrought iron balconies, and religious art treasures capture the spirit of centuries long past. Cuenca, almost hidden away in a southern valley, was isolated until recent times; it wasn't until 1960 that paved roads were built to Quito and Guayaquil. Today Cuenca, Ecuador's third largest city, is surrounded by small villages whose citizens create intricately detailed jewelry, beautiful ceramics, and masterfully designed hand-woven shawls.

This morning we have a leisurely walking tour along the main plaza, Parque Calderon, and enter the old Cathedral, renovated for the visit of Pope John Paul in 1985. We also see the Monastery of El Carmen and visit La Inmaculada Concepcion while strolling the cobbled streets.

This afternoon we visit the Museo del Banco Central, which contains a permanent collection of black and white photos of 19th and early 20th century Cuenca, as well as displays of art and archaeological pieces, and ethnographic dioramas.

We also visit a Panama hat factory. In 1835 Manuel Alfaro, a Spanish entrepreneur, arrived in the port of Guayaquil in the province of Guayas. He settled in nearby Montecristi and quickly realised the economic potential of the toquilla hat setting up his own chain of production from the straw plantations to circuits of weavers. His hats were soon being exported from the ports of Guayaquil and Manta to Panama which was quickly becoming an important centre and staging post for international trade and travel. Here Alfaro opened a commercial centre selling his hats, cacao and pearls, thus beginning the association of the Ecuadorian toquilla hat with Panama.

Overnight in Cuenca. Meal plan: Breakfast and dinner.

Day 19 *Cuenca - Ingapirca - Cuenca*

A scenic mountain drive brings us to Ecuador's most important Inca site, Ingapirca, located in the Canar Valley, but still at 3165 m (10,445 feet). En route we travel through the beautiful countryside worked by the Canari indigenous people for centuries.

On arrival we visit the site museum and the site itself, where we can admire the Inca's superb mortarless stonework of the Temple of the Sun. Ingapirca is a monumental complex, built up on top of other Canari ruins some 500 years ago by the Inca empire. On top of the elliptical platform was built a structure made of well finished stones. The temple is surrounded by a labyrinth on one side, other walls, terraces and chambers in ruins, and a cliff.

Return to Cuenca.

Overnight in Cuenca. Meal plan: Breakfast and dinner.

Day 20 *Cuenca - Quito*

Today we fly from Cuenca back to Quito.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 21 *Quito - Mindo Cloud Forest - Quito*

Today we have an excursion to Mindo, located on the west side of Quito in a deep valley surrounded by native Andean forest, represents vegetation of three different life zones, from the low subtropical forest to the cloud mountain forest and the high paramo. The drive from Quito takes approximately 2 hours. Due to the difficult access, the ridges around the valley of Mindo have not been used for agricultural purposes and the forest remains almost untouched.

We arrive at a local hosteria, where you will have the opportunity to enjoy easy walks through an ecosystem that contains one of the largest varieties of birds and plant life in the world.

Return to Quito.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 22 *Quito, Ecuador - Lima, Peru*

Today we fly from Quito to Lima. Transfer to our hotel.

Overnight in Lima. Meal plan: Breakfast and dinner.

Day 23 *Lima: Free Day*

The day is free in the capital for relaxation and independent exploration.* You will meet your Tour Leader and other travellers joining at the point this evening at dinner.

This city has had wonderful restorations in recent years to the plazas, ornate facades, and wooden balconies for which the city is famous. Lima, named the 'City of Kings' by the Spanish Conquistadors, is the capital of Peru. Founded in 1535 by Francisco Pizarro, where the River Rimac meets the Pacific Ocean, this was the most important Spanish city during the colonial era with a population of about 100,000 inhabitants. Today the city is home to more than 6.5 million people.

* This free day exists in our program for logistical reasons, ie to ensure that we match the sailing dates for our Galapagos cruise, and so that sites and activities after this point occur on the correct days of the week. While some of you may not care for a "down" day, we find that most travellers enjoy a bit of rest at this point in their journey.

Overnight in Lima (Miraflores). Meal plan: Breakfast and dinner.

Day 24 *Lima: City Tour*

This morning we start our tour with a visit to San Francisco's Church to visit the extensive catacombs that lie underneath. We then continue to the Plaza de Armas, the most important plaza in Lima. The oldest surviving part of the plaza is the impressive bronze fountain, erected in 1650. Surrounding the plaza is the exquisite Archbishop's Palace, the cathedral, and the Government Palace where handsomely uniformed presidential guards are on duty all day. We visit the cathedral where the great conquistador Francisco Pizarro's tomb lies.

We then proceed to the Larco Museum, which showcases remarkable chronological galleries and an excellent overview on 3,000 years of development of Peruvian pre-Columbian history. Located in a unique vice-royal mansion of the 18th century built over a 7th century pre-Columbian pyramid, is surrounded by beautiful gardens. Features the finest gold and silver collection from ancient Peru and the famous erotic archaeological collection, one of the most visited Peruvian tourist attractions. For an unforgettable experience, Larco is one of the few museums in the world where visitors can also choose to enter the storage area with its 45,000 classified archaeological objects.

Later we head to the trendy area of Miraflores where people stroll along the cliff tops and watch the sun setting on the Pacific Ocean. The best location is the new "Love Park," with its magnificent monument to lovers at its centre. We

continue to the Hacienda Mamacona for an exhibition of beautiful Peruvian Paso horses, accompanied by a delicious dinner of Criollo food and a folkloric show.

Overnight in Lima (Miraflores). Meal plan: Breakfast and dinner.

Day 25 *Lima - Cuzco - Urubamba Valley - Ollantaytambo - Yucay*

Early this morning we fly to Cuzco, located in a fertile valley at 3354 m (11,004 feet). This is the archaeological capital of the Americas and the ancient capital of the Inca Empire that, at its height, stretched from Colombia in the north, through Ecuador, Peru and Bolivia, and down to central Chile in the south. Although the empire already existed in the 12th century, it remained small until the mid-15th century. Over the next 100 years, it expanded massively but declined due to the civil war and the conquest by the Spanish conquistadors under Francisco Pizarro in 1533.

On arrival we will travel by road into the Urubamba Valley, or "Sacred Valley of the Incas," along one of the most scenic drives on our trip, to the Inca ruins of Ollantaytambo located on a spectacular ridge with deep valleys on either side. We can admire the carefully constructed and maintained farming terraces on the surrounding hillsides.

We continue to the town of Yucay on the bank of the Urubamba River (2300m / 7,590 ft). This is an attractive little town of particularly fertile lands whose name translated into Spanish means "deceit" or "bewitchment". According to legend, in the middle of the 15th century, the Inca Huayna Capac was captivated by the incomparable magnificence of Yucay's setting and decided to settle here.

Overnight in Yucay. Meal plan: Breakfast and dinner.

Day 26 *Yucay - Machu Picchu Area*

Today we take the early morning train from Urubamba to Aguas Calientes and Machu Picchu. The train journey to Machu Picchu is a highlight of any trip to the Andes; the scenery is simply spectacular, and the train allows you to enjoy it in comfort. The +/- 3 hour trip takes us through a changing landscape with wonderful vistas of the mountains and, deep in its dramatic canyon, the beautiful Urubamba River. Our early arrival from Urubamba ensures that we are at the site before the tourist throngs arrive on the train from Cuzco later in the morning.

Upon arrival at the Aguas Calientes train station, a bus will take us on the 6 km (4 mile) twisting journey up the mountainside to the site of Machu Picchu. Having already dropped our baggage at our hotel, we proceed immediately for a guided 3-hour walking tour of the ruins (please be prepared with all that you need for our tour). We will enter the site through the House of the Terrace Caretakers, which flank the agricultural sector. Once on the site, we will see, among other features: the Temple of the Sun, the Fountain Caretaker's House, the Royal Sector, and the puzzling Temple of the Three Windows. We will also see the Common District, the Sacred Rock, and the prison-like Temple of the Condor.

Machu Picchu, popularly known as the 'Lost City of the Incas,' is an ancient city of stone palaces, towers, temples and staircases. It is a very mysterious place, and to this day our knowledge of it remains sketchy. There are no records or artifacts on the site to indicate what any of the buildings were used for. Archaeologists have ascertained that the site was most likely a ceremonial centre and possibly used for administrative purposes for the populous region.

After our tour, you may choose to proceed to the hotel or remain on the site for some independent exploration (your ticket is good for the day), and return to the hotel on your own using the return portion of your bus ticket.

Overnight at Agua Calientes (near Machu Picchu). Meal plan: Breakfast and dinner.

Day 27 *Machu Picchu Area - Train to Cuzco*

A large part of the beauty of Machu Picchu is created by its setting on a mountain top surrounded by deep valleys. By staying for a second day to visit Machu Picchu, rather than visiting as a day trip from Cuzco, we are able to savour the atmosphere of this very special place.

In the early morning of our second day at Machu Picchu, most group members choose to take the bus back up to the site with the weather-dependent hope of seeing the mist-clad mountains greet the morning sun. Weather notwithstanding, the best thing about going up the second day is being there early when there are fewer people, allowing time to "soak it in," as well as the opportunity to climb Huayna Picchu and/or to the Sun Gate (approximate optional costs to revisit the site today: bus 12 USD round trip, and 40 USD site entrance, payable locally).

During our time at Machu Picchu, we will also include a visit to the Manuel Chavez Ballon Site Museum, which focuses on the "discovery", excavation, and history of Macchu Picchu. On display are historical photos, including photos of Hiram Bingham at Machu Picchu shortly after he came across the ruins, informative write-ups on the construction of Machu Picchu and the life of the Incas, and artifacts found at the site. Outside the museum is a very lush botanical garden running along the river; some plants are labeled and there are a few short trails. This is a nice shady area to rest on a hot day and is an easy 25 minute walk from Aguas Calientes down the road leading to Machu Picchu.

Later in the afternoon we board the direct nonstop VISTADOME train from Aguas Calientes to Cuzco. On route we will see the locals working their potato and grain fields, and see children at play near their adobe brick homes.

Overnight in Cuzco. Meal plan: Breakfast and dinner.

Day 28 *Cuzco Area*

This morning we visit some of the most important Inca sites in the Cuzco area.

Sacsayhuaman is an impressive complex which, like so many others of that time, had both a religious and military purpose. The fortress known as the 'storehouse of the sun' incorporates some of the largest stones ever used in a building. The zig-zag walls represent the teeth of the sacred puma and provide an excellent defensive structure. The stones fit so perfectly together without mortar that not even moss can grow in the cracks!

In the afternoon we return to Cuzco and enjoy a tour of the town. We visit Coricancha, the temple of the sun which was the most important location in the Inca empire. Entombed in the closed cloister of the Sto Domingo Church, these sacred walls were hidden from modern civilization until the colonial walls were brought down in 1950 by a powerful earthquake. We also visit the church of San Blas with its fabulously carved pulpit. Wandering the narrow streets of the San Blas artisan region we make our way to the cathedral which towers impressively over the Plaza Mayor. Inside we find precious paintings from the Cuzco School of Art, one of the most prolific of its era.

This Inca city was laid out around a great central square in the shape of a puma, the god of lightning. Today, stone walls built by the Incas line most of Cuzco's central streets and form the foundations of colonial and modern buildings. The Inca buildings were so well built that the Spaniards simply knocked down the upper parts of the Inca temples and palaces and built their churches and mansions on top of the Inca walls. Shortly after the Spanish conquest, the capital was moved to Lima on the coast. Thus Cuzco has retained a wonderful, untouched colonial atmosphere. The culture is also very much alive here, and is evident in the music, clothing and handicrafts of the people.

We have dinner at a local restaurant where we can try some typical Peruvian dishes. One may wish to try the "Pisco

sour", a powerful drink made with a Peruvian liquor distilled from white grapes.

Overnight in Cuzco. Meal plan: Breakfast and dinner.

Day 29 *Cuzco - Pisac - Cuzco*

This morning we visit the ruins at Tambo Machay, Puca Pucara and Qenko. The latter is an Inca sacrificial site carved with inscriptions.

We continue to Pisac with its lively market where you will encounter traditionally dressed locals with whom you can barter for colourful craft items. You will see many unique Andean musical instruments as well as dazzling textiles. Peruvian woolen items are justifiably famous for their imaginative designs, based on Inca art and the local flora and fauna. You can buy sweaters and caps made from the extremely warm wool of alpacas and llamas.

We return to Cuzco with balance of the day at leisure.

Overnight in Cuzco. Meal plan: Breakfast and dinner.

Day 30 *Cuzco - "Andean Explorer" - Puno*

Today we take the "Andean Explorer" train from Cuzco to Puno, a full day's journey.

From Cuzco, our train heads south-east, following the Huatanay River through green fields dotted with willow trees and eucalyptus groves, passing outlying communities gathered around colonial churches that conceal their artistic treasures behind crumbling adobe facades. The first half of the journey is dominated by magnificent Andes, towering over the deep valleys of the meandering Huatanay River. It then reaches the gentler, rolling Andean Plains, where vicuna and alpaca are often seen. This is a wild, high, windswept and sunburned prairie of isolated communities of shepherds and cattle farmers, wedged between the two distant branches of the Andes visible occasionally on either horizon, when not melting completely with the giant cumulus clouds that dominate the skyline.

The train continues to climb La Raya, some 210 km (130 mi) from Puno. At 4321m (14,260 ft) above sea level, we reach the highest point on our journey, a cold, remote place whose surrounding snow-draped peaks are often shrouded by mist or fine rain, and whose eerie silence is at least partly attributable to eardrums blocked by the dizzying altitude.

Puno, at 3830m (12,562 feet), is the main settlement on the Peruvian shore of Lake Titicaca and the highest place on our tour in which you will spend some time. Puno is the greatest centre of Peruvian folk dancing and traditional instruments; the markets and streets of Puno are bustling with the brightly coloured costumes of the different groups of the region.

Overnight in Puno. Meal plan: Breakfast and dinner.

Day 31 *Puno: Floating Islands*

This morning we travel north and east to Sillustani, situated on a wind-swept peninsula on tiny Lake Umaya. The burial towers of the nobles of the Colla civilisation are up to 12 metres / 40 feet high. However, it is not known exactly when they were built. Known as chullpas, it is thought that whole families were buried in the towers.

Returning through the stark landscape to Puno, we take an afternoon boat excursion to the floating islands of Los Uros.

The Uros people began their floating existence centuries ago in an effort to isolate themselves from their rivals, the Collas and the Incas. Today, about 300 people live on the islands. The islands are constructed from many layers of floating tortora reeds which grow in the shallow waters of Lake Titicaca. The reeds rot away from the bottom and are replaced at the top, so the ground is soft and springy as you walk over it. Even the buildings on the islands are made of tortora. The whole life of the Uros people revolves around the reeds. They even eat the lower stalk and root, which is supposed to taste like celery.

Today the Uros live mainly from fishing, including catching the giant pejerray which can grow up to 13.5 kg / 30 lb.

Overnight in Puno. Meal plan: Breakfast and dinner.

Day 32 *Puno, Peru - Copacabana, Bolivia*

Today we travel round the Peruvian side of the lake and cross into Bolivian territory. The village of Chucuito is built over an Inca settlement and has an Inca sundial on display which was assembled in the mid-1800s using colonial, Inca, and modern era stones. The turbulent history of the lake region can be seen in the many Inca and pre-Inca sites as well as Spanish colonial churches dotted across the area.

We drive along the western shores of the lake taking in various small towns which are famous for their colonial churches and architecture. One of the most unusual towns along the lake is Juli, which has four huge churches and yet is a small town. The town was originally the Spanish capital of the lake region and the Spaniards hoped to convert most of the indigenous population to Catholicism. While building the Church of Santa Cruz the local stonemasons incorporated Inca motifs into the Christian decorations.

This afternoon we will enjoy a relaxed walking tour of Copacabana. For centuries, Copacabana has been a site of religious pilgrimage, beginning with the Incas. We visit the Cathedral of the Indian Virgin, built between 1605 and 1820. It is a brilliant Moorish structure with mudejar domes, colourful azulejos (decorative tiles), and a beautiful church courtyard decorated with wonderful flower gardens. Every year, hundreds of thousands of pilgrims travel from distinct parts of Bolivia and other Latin American countries to take part in religious festivals in Copacabana. Legend says that if the statue is removed Lake Titicaca will rise up and flood the whole Altiplano region.

For the energetic, there is a walk up to Cerro Calvario (Calvary Hill) for beautiful views of the town and lake. Pilgrims pass the 14 stations of the cross to reach the top but once there they encounter, as so often in Bolivia and Peru, a fusion of Catholic and pagan beliefs.

Overnight in Copacabana. Meal plan: Breakfast and dinner.

Day 33 *Lake Titicaca*

Today is spent exploring Isla del Sol in Lake Titicaca by boat. This is the most important of the thirty-six islands in the lake. Lake Titicaca, South America's largest lake, straddles the Bolivia-Peru border and is said to be the highest navigable body of water in the world at an altitude of 3810 m (12,497 ft). Lake Titicaca was once much larger than the 8560 sq kilometres (3,305 square mi) it occupies today. The great city of Tiahuanaco was built at the edge of the lake, but today it is more than 25 km (15 mi) from the lake. This reduction in the lake size has had a tremendous effect on the climate of the Altiplano region over the past 1,000 years and has made this cradle of cultures able to support far fewer people today.

The cleverly terraced slopes of Isla del Sol contain numerous ruins and small traditional villages. We see the Inca steps where water from a natural spring runs through three stone channels. The sacred water is supposed to cure ailments and

bring long life. The three stone channels represent the three commandments of Inca life: Don't Lie, Don't Steal, and Don't be Lazy. The Inca society was highly organised and industrious; laziness was punishable by death.

We return to Copacabana for dinner. This evening you may like to take a stroll along the lake shore at sunset.

Overnight in Copacabana. Meal plan: Breakfast and dinner.

Day 34 *Copacabana - Tiahuanaco - La Paz*

This morning we drive towards La Paz. We take first a ferry across from the peninsula on which Copacabana sits to the Bolivian mainland and drive to La Paz, one of the world's highest major cities.

En route we stop at Tiahuanaco. This flat, desolate landscape would not seem capable of supporting life, and yet this is where the majority of Bolivia's population live. Here we may see llamas and alpacas, the only surviving relatives of the camel found in the Americas. Tiahuanaco is an ancient ceremonial site constructed around AD 700. After about AD 1200 the Tiahuanaco people disappeared, becoming another 'lost' civilisation. We know little about the people of Tiahuanaco but it is believed that their civilisation developed over a period of 2,000 years and then mysteriously vanished.

Our destination is La Paz, located at 3686 m (12,090 ft) above sea level. La Paz is situated in a bowl-shaped canyon in the Cordillera Real (Royal Range) of the Andes. As we travel across the Altiplano, the ground suddenly drops away 400 m (1,312 ft) to reveal the city hidden in a bowl in the mountains.

This evening you may like to enjoy a 'pena', a traditional Bolivian folk music performance (optional; subject to availability). The music is played on typical Andean instruments such as quenas, zamponas pan pipes and charangos, small, banjo-like instruments, the bodies of which are traditionally made from armadillo shells.

Overnight in La Paz. Meal plan: Breakfast and dinner.

Day 35 *La Paz: City Tour*

The mountains surrounding La Paz soar to an average of 5500 m (18,040 ft) above sea level. The most spectacular views of the city come on a clear evening when one can see the twinkling lights of the city stretching up the hillsides, under the the snow-capped triple peak of Mount Illimani at 6402 m (20,999 ft).

Today will explore the Spanish colonial quarter of the city and visit the Archeological Museum of Bolivia, which has a special exhibit dedicated to the site of Tiahuanaco visited yesterday. We also experience the colourful markets of La Paz. The markets are a great place to observe the colourfully-dressed native Quechua and Aymara-speaking people. The women wear many layers of petticoats covered by a colourful dress, and over their shoulders they sling a multi-coloured striped blanket called a 'phulla' in which they carry their groceries or babies -- or both! On their heads they wear a bowler hat (which always appears to be too small) at a jaunty angle. The British brought the bowler hat to Bolivia when they were building the railway and somehow it became part of the everyday dress of Andean women.

We finish our day with a visit to a great place to buy some of the handicrafts, such as colourful sweaters woven from sheep's wool or from the light-weight, very warm wool of the native Andean animals. We finish at the unusual Mercado de los Brujos, better known as the Witches' Market, where you will see all sorts of potions, herbs and folk remedies used to guard against evil spirits.

Overnight in La Paz. Meal plan: Breakfast and dinner.

Day 36 *Departure*

Departure from La Paz.

BUEN VIAJE! Meal plan: Breakfast.