

**DETAILED TRAVEL INFORMATION**  
*Discovering the Andean Codex*  
**Signature Tour – May 29 through June 9, 2007**

**Notes:**

1. Day-to-day itinerary is subject to change.
2. All hotels are rated three stars superior or four stars. Each hotel has been personally inspected and reviewed by our tour guides. Most hotels provide free internet access or wireless service. Several have spa services including massage. Hotels listed in this itinerary are subject to change. View the hotels for your trip:
  - **Lima** – Sonesta Posada del Inca, Miraflores [[LINK TO http://www.sonesta.com/peru\\_miraflores/](http://www.sonesta.com/peru_miraflores/)]
  - **Cuzco** - Casa Andina Private Collection [[LINK TO http://www.casa-andina.com/peru\\_hotels/cusco\\_hotel-2-3-12.phtm](http://www.casa-andina.com/peru_hotels/cusco_hotel-2-3-12.phtm)]
  - **Sacred Valley** – Sonesta Posada del Inca, Yucay [[LINK TO http://www.sonesta.com/peru\\_yucay1/](http://www.sonesta.com/peru_yucay1/)]
  - **Aguas Calientes** – Inkaterra Machu Picchu Pueblo Hotel [[LINK TO http://www.inkaterra.com/machu-picchu-pueblo-hotel/index.htm](http://www.inkaterra.com/machu-picchu-pueblo-hotel/index.htm)]
3. Air travel in Peru is on Lan's new 320 Airbus to and from Cuzco.
4. Ceremonies listed in itinerary are included in the price of the tour; however, additional ceremonies may become available and participation is voluntary but an additional fee may be required. The cycle of ceremonies is subject to change.
5. Private healing sessions will be available in the evenings and during free time. An additional fee is required. All proceeds from private healing sessions, as well as sales of alpaca weavings, go directly to the Q'ero.
6. A profit-sharing plan provides additional funding for community projects, health needs, and education for the Q'ero. There is no charge to you; however donations for projects are appreciated and 100% of your contribution go directly to the Q'ero.

**Package Includes:**

- Flights Lima-Cusco-Lima.
- All transfers and local transportation, including to and from Lima International Airport.
- Train and bus transportation to and from Aguas Calientes, and as stated in itinerary.
- All entrance tickets to historical sites.
- Driver and restaurant tips as stated in itinerary.
- Breakfast at hotels.
- Meals as stated in itinerary. Some beverages are included, but alcoholic drinks are extra.
- Escorted tours in Cusco, Machu Picchu, and the Sacred Valley.
- Cultural events as stated in the itinerary.
- Copy of *Return to Balance*, a workbook for re-visioning your life written by Santiago for your journey.

**Not Included:**

- Flight to and from Lima.
- Taxes, fees, and surcharges ranging from \$69-\$85 and varying by date, city, airport and number of legs in the itinerary. Local (\$6) and international (\$29) airport departure tax payable in local currency or US dollars by each passenger at Lima International Airport and Cuzco Airport upon departure. Prices are subject to change.
- Tips and gratuities for personal services not included in itinerary.
- Extra services at hotels such as laundry, massage, room service.
- Meals on your own as stated in itinerary.
- Private healing sessions.
- Doctor, hospital and emergency medical services, and pharmacy charges. Where possible, a bill appropriate for submitting to your insurance will be provided.

**What We Provide:**

- A licensed, well-trained and experienced, English-speaking local guide.
- Additional guides and helpers, and a cultural facilitator when required.
- Authentic Q'ero shaman(s) that accompany us on our journey and conduct rituals of respect to honor Pachamama.
- Translation from Spanish to English, and when necessary, Quechua to Spanish.
- Tour organization and facilitation including cultural liaison with the Cuzco arts and science community.

**Cost:** The tour is \$3950 for double occupancy and \$500 additional for a private room. Fees are inclusive (per the itinerary and information contained on this page and in the travel agreement) from and return to Lima International Airport.

**Deposit:** A \$1000 deposit is required at the time of signing up for the tour. \$1500 is required by April 1, 2007. The balance for the trip is required on or before May 1st. You may also pay in full in advance. Check or credit cards (Mastercard, Visa, American Express, and Discover Card) are accepted.

**Cancellations and Refunds:** Cancellations made 60 days or more prior to the departure are subject to \$100 cancellation fee. Reservations canceled 30-59 days prior to the departure date are subject to a cancellation fee in the amount of 50% of the trip cost. Reservations canceled less than within 29 days prior to the departure date are nonrefundable.

**Travel Insurance:** You may want to consider purchasing a commercial travel insurance policy that would include trip cancellation protection. Consult your credit card company for plans they may offer or shop on line for reputable companies.

**Travel Agreement and Consent Form:** Upon receipt of your deposit, we will send or email you a travel agreement and consent form to sign and return.

**Passports and Visas:** You must travel with a valid passport. US citizens don't need a visa to enter Peru. Foreign nationals from other countries may need a visa before traveling to Peru. Check your country's status on the Peruvian government website: [LINK TO <http://www.peruvianembassy.us/> ]

**Immunizations:** There are no mandatory immunizations required for the areas of Peru where you will visit. However, you may want to consult with your local health department about standard immunizations such as an updated a polio booster, tetanus DPT booster, and hepatitis B, or visit the Center for Disease Control website about information on travel overseas: [LINK TO <http://www.cdc.gov/travel/> ]

**Weather:** The climate in Lima is moderate with temperatures between 62-66 degrees F day and night. Though it rarely rains, it's humid and May can be 90% humidity or more. The Andes are much drier. The climate in Cuzco can be extreme ranging from hot sun to cold winds. May is fall in the Andes, and though at the end of the rainy season, the sky can be clear and the temperature 55 degrees F during the day and 37 at night. With 50% humidity and wind, nights can be very chilly. Machu Picchu is 2,000 feet lower than Cuzco. The climate is more temperate and much warmer. However, it can be very cloudy this time of year with mist and fog flowing through the valleys.

**Sun Protection:** The sun, when it shines, is intense (we're going to be just below the equator); so bring strong sun screen. Choose one with an SPF of 35+ and that is mild to your skin. In the Andes you may need stronger protection. Here's a good article on sunscreens: [http://www.uspharmacist.com/index.asp?show=article&page=8\\_1323.htm](http://www.uspharmacist.com/index.asp?show=article&page=8_1323.htm)

Consider Neutrogena or Shiseido products:

- Shiseido ([http://www.shiseido.co.jp/e/suncare\\_us/html/protection.htm](http://www.shiseido.co.jp/e/suncare_us/html/protection.htm)) Shiseido Ultimate Sun Protection is SPF 55 and hypoallergenic. I use it on all my trips to the Andes and never burn.

- Neutrogena makes a product that blocks ultraviolet light, very important if you have oral herpes virus as UV light, which is stronger at high altitudes and reduces the immune system's activity at the skin causing very aggressive, and often painful, blisters. If you want ultimate protection, consider Neutrogena's UVA/UVB Sunblock [http://www.neutrogena.com/ProductsDetails\\_84.asp](http://www.neutrogena.com/ProductsDetails_84.asp)

A good pair of sunglasses is essential. A hat with brim is necessary.

**Clothing:** Lima is much like Florida in the winter or mild San Diego days and nights, only more humid. A sweater or jacket in the evening and lighter clothing during the day should be sufficient. Though a cosmopolitan city, dress is casual chic like California, but can also be formal.

The changeable weather in Cuzco requires layers of clothing. A water repellent wind breaker is very useful. A wool or fleece vest, pull over, or jacket is necessary. If it gets very cold, you can buy alpaca sweaters, gloves, and scarves in Cuzco. Dress is very casual.

Machu Picchu can be humid, warm, and sticky. It's more temperate than tropical. Rain is very likely, at least heavy mist. Light weight water proof or repellent outer wear is helpful. Bring plastic, zip lock bags to keep your camera and valuables dry.

Tennis shoes or light weight walking shoes are sufficient. Mountain hiking boots are not necessary and are bulky in your suitcase. Hiking sandals work well in the Andes. An extra pair of shoes is helpful. Several changes of cotton socks and underwear are necessary.

**Insect Repellent:** Bugs can be nasty at Machu Picchu. Bring one small bottle of repellent, preferably with DEET. [http://www.deet.com/deet\\_fact\\_sheet.htm](http://www.deet.com/deet_fact_sheet.htm)

**Luggage:** One carry-on and one medium suitcase is sufficient. Be sure they lock or can be secured with a small, travel pad lock. A day-pack or small back pack is essential. Waist or fanny-packs are convenient, but I don't recommend them for Peru. NEVER LET YOUR EYE OFF YOUR BAG IN THE AIRPORT OR IN PUBLIC AREAS.

**Cameras, Flash Lights, and Batteries:** Be sure to have extra batteries for your camera. Electricity outlets in Peru are different from the USA. Peru is on the 220 volt system; bring a transformer to use your 110 volt appliances. Bring adaptors if you have them for rechargeable units. On a trip of ten days, laptops may get in the way and are heavy to carry. Some times you can't recharge the battery. However, we have made every effort to use hotels that have wireless or complementary internet access. Bring two small flashlights. Batteries are sold in Peru, so extras aren't necessary.

**Money:** All of your major expenses (hotel, flights, transportation) are covered in the price of the trip. However, you still need sufficient cash to cover your personal expenses, gifts, tips, etc. How much to bring is a personal choice. Typically, \$500-1,000 cover these needs. Credit cards are accepted in most restaurants and stores. However, Peruvians prefer cash. Personal checks and Traveler's Checks are not accepted, even in banks. Bring cash in \$20/50/100s. Make sure they are new, clean, and without marks or tears of any kind. Peruvians will not accept those that are worn, wrinkled, torn, or marked. ATM machines are readily available in Miraflores and Cuzco, so it's not necessary to bring too much cash with you.

When you arrive in Lima, change \$100 dollars into Peruvian soles. The money exchange booths are just outside the immigration area. This will cover any expenses you have, including taxi fares should you arrive at different time other than the group. Once in Miraflores, if necessary, we will bring a money changer to the hotel to change dollars. In Cuzco, there are several money changing establishments in the center of town. There is no way to change dollars in Machu Picchu, so make sure you have enough soles to cover the four days in the Sacred Valley and in Aguas Calientes. The current exchange rate is 1 US dollar to 3.30 Soles.

**Communication:** All hotels have phone access to the USA. Internet cafes are commonly available as well as international calling places in Cuzco. If there is an emergency at home and your family needs to contact you, have them call my international cell phone number: (941) 914-3666. All of our guides will have Peruvian cell phones.

## More about the Experiential Aspect of the Tour

### What You Will Learn:

- About *mamacoca*, and why the coca plant has supported advanced Andian cultures.
- About *Pachamama*, the Earth-Time continuum and the three levels of existence.
- About the *Apus*, mountain spirits of the snow-capped peaks, and how they affect consciousness.
- About the *Awkikuna*, nature guardian spirits and other Earth-based teachings.
- About *Ayni*, the guiding principle of the Andean way that includes The Five Principles of Andean Wisdom.
- About synchronicity, open-eye meditation, attuned with natural forces, the clear heart and still mind necessary for shamanic sensibilities to take root.
- How to create your personal altar.
- Practical ways to practice Andean wisdom teachings in your daily life.

### What You Will Experience:

- Cocoa leaf blessings and ritual sharing of coca leaves.
- Ceremonies of respect and offerings to *Pachamama* and the *Apus*.
- Personal healing and transformation through sacred teachings of Andean wisdom and experiential journeying among ancient temples and sites of worship.
- Working with your personal journal and workbook, *Return to Balance*, written by Santiago and created especially for this journey.

**More on the Ceremonies:** You will participate in at least 4 traditional Andean ceremonies, called *despachos*, and 1 *karpay* or grand ceremony with Q'ero shamans. We will also perform many blessings and other sacred rituals and meditations. If you wish, bring your personal sacred objects. There will be an opportunity to re-charge them in the Andes. Crystals and healing stones are available for sale in Cuzco and The Sacred Valley. However, please keep in mind that Peru is a poor country and indigenous shamans are simple, humble people. An excessive show of new age paraphernalia can be incomprehensible to them and in some cases may be seen as disrespectful.

Join Santiago and Sebastian in 2007  
*for sacred travel in Perú and the spiritual adventure of a life time.*

### For more information

See the Websites: [www.andeancodex.com](http://www.andeancodex.com); [www.drjewilliams.com](http://www.drjewilliams.com)  
Read THE ANDEAN CODEX: <http://www.andeancodex.com/books.html>  
Email: [info@andeancodex.com](mailto:info@andeancodex.com); Phone: 1 (941) 929-1901