



PERU: THE FAMILY PROGRAM

July 2-12, 2010

What To Expect

This program emphasizes a cultural homestay with a Quechua family in the community of Chinchero. During this time you will have intimate quality time with the family as they show you their lives and share their customs. This time is slow and rich. The children will have a fenced courtyard to explore and the family has 4 kids as well. Your days in the village will be spent exploring the local ruins and learning about weaving from your host parents: Vilma and Paulino. You will also be involved in the daily activities of your host families which might include making bread, working in the fields, attending tribal council meetings or joining in on festival celebrations. Evenings will be spent learning Quechua language, music, dancing and story time around the fire. We will eat and live in the local way. The conditions are simple yet comfortable, and the food is nourishing and grown locally. We will also conduct a one day service program in the impoverished village above Chinchero creating appropriate technology kitchens which use less fuel and create no smoke.

In addition to this village experience, we will explore the magnificent ancient capitol of Cuzco with its narrow streets and rich history followed by several days in the Sacred Valley of the Inca exploring ruins and visiting colorful markets. And of course we will be visiting the spectacular site of Machu Picchu. This is an unforgettable journey, which emphasizes the more subtle joys of life: family and rich time together while showing you the majesty of Peru.

This program to Peru is tailored made with families with young children in mind. We have created a schedule which emphasizes a slower pace, less distances traveled and time every day to rest. We have also planned times for adults where nannies will take care of the children.

Amazon Extension:

We will also offer an amazing family experience to the Amazon. Imagine the thrill your children will experience as they sit on a canoe and ride upstream watching the dense jungle on either side race by. You will have 3 nights 3 days in the jungle to experience numerous activities designed to inspire and awe both you and your children. Guides are local experts in botany, insects, amphibians, mammals and more. Activities include: the canopy tower, children's jungle trails, kayaking, parakeet lick night walk. Brazil nut camp, caiman search, mammal lick, biking, and rainforest tattoos. The lodges are made of natural local materials and one side is open to the jungle so you will feel amazingly close to the sounds you hear. This is a true adventure into the Amazon but one in a safe and fun environment.

Who We Are

Crooked Trails is a non-profit, community-based travel organization helping people broaden their understanding of the planet and its diverse cultures through education, community development and responsible travel.

Registration and Costs

Please request a pre-departure packet, which includes the itinerary and everything you will need to know about this trip. It will assist you in making your decision and preparing for the trip. We can mail or email it to you with no obligations.

If you would like to join us on one of these trips, please go to our online application at www.crookedtrails.com and describe your background and interests in making this journey. It is important to us that we match you with an experience that will benefit both you and the people you visit.

The cost of the Peru Family Program is Adults: \$1980.00 and for children \$1650.00 We will need a \$500.00 deposit with the remainder paid 4 weeks before the trip departs. The program cost includes all on-ground transportation, all domestic flights, all accommodations, all meals as indicated in the itinerary, Lima tour, Cuzco tour, the Sacred Valley and Machu Pichu tour, horse back riding, guides and interpreter. We will let you buy your own food outside of the village stay, where you can expect to pay \$3.00-\$5.00 per meal. The program cost does not include international flights or international departure tax.

Crooked Trails
P.O. Box 94034
Seattle, WA 98124
206-372-4405
www.crookedtrails.com

Family Program Itinerary

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A note: All of our itineraries are flexible. Our philosophy at Crooked Trails is to let the country guide our experiences and not to live by a strict itinerary. If unexpected events arise, we may change plans to take advantage of the situation or deal with an issue. However, we will do all we can to offer you everything that is on the schedule. Please be flexible yourself and allow the program to unfold.

Meals included in the program cost are listed as B (breakfast), L (lunch) and D (dinner) for each day.

July 2

Spend the day in flight to Lima. Upon your arrival, you will be welcomed by a Crooked Trails facilitator and brought to your Lima guesthouse in the heart of Miraflores near the Ocean. Get settled in and the kids to sleep. Adults can meet below to have a drink and chat. Overnight in Lima.

July 3

After a traditional Peruvian breakfast, participants will meet for an introduction to the program and our welcome ceremony. Today we will visit fun as well as interesting places such as the catacombs of the Cathedral of San Francisco and the Plaza de Armas to listen to music and watch the changing of the guards at the presidential palace. A visit to some unusual local ruins in downtown Miraflores gives us an opportunity to stretch our legs and learn about pre-Incan cultures in Peru.



After lunch we will explore the quaint district of Barranco, once Lima's beach resort, this district is now the home of Peru's most prestigious artists and writers. We will also visit the ocean so the kids can play on the beach and watch the paragliders at Parque de Amor. Here we can share a drink and snacks watching surfers challenge the waves and we will take a walk along the beach. **B,L**

July 4

After breakfast we will take a late morning flight to Cuzco, the Imperial City of the Incas. Cusco is at 11,200 feet high in the Andes. Everyone experiences being out of breath and

moving slow. Upon arrival we will head directly down to the Sacred Valley of the Inca which allows our bodies to acclimatize. We will be heading to the charming little town of Pisac, famous for its local market. Here we can sample wonderful juices, oven toasted empanadas and a delicious lunch. The afternoon will allow us to stretch our legs and see the amazing ruins and explore the market.

In the late afternoon will continue down the valley and head to the historic little town of Ollantaytambo that has been built on top of original Inca foundations and is the best surviving example of Inca town planning. The village is divided into canchas (blocks) which are almost entirely intact. The town is located at the foot of some spectacular Inca ruins which protected the strategic entrance to the lower Urubamba Valley. The temple area is at the top of steep terracing which helped to provide excellent defenses. Stone used for these buildings were brought from a quarry high up on the opposite side of the Urubamba river - an incredible feat involving the efforts of thousands of workers. The complex was still under construction at the time of the conquest and was never completed.

We will settle into our wonderful guest house owned by a Scottish woman named Louise Norton who married a Quechua man and is raising her two little girls in Ollantaytambo. The guest house area is safe, clean, very comfortable and has spectacular views of the ruins. There will be time to relax, get shower and share a nice dinner in town. **BLD**

July 5

Today we can sleep in and enjoy a nice breakfast prepared by our hosts at the guest house. We then have the day to explore Ollantaytambo's amazing streets and ruins, museums and shops. Most people only have an hour here but we believe this gem of Peru is worth a full day. **B**

July 6

We will rise early and take a train to Aguas Calientes which sits at the foot of Machu Picchu. From here we take a bus up to the archeological site of Machu Picchu. We will spend the entire day exploring the ruins. Your private guide will explain the latest theories about this mysterious citadel. The word "ruins" is misleading, as the site is actually in a remarkable state of preservation -- only the wood and palm-leaf roofs have decomposed over the centuries. Surprisingly, the Spaniards never discovered the sanctuary, and it remained unknown to the outside world until Hiram Bingham's expedition in 1911. Its discovery captured the world's imagination, and its allure has never diminished. In the late afternoon we will take the train back to Ollantaytambo where we will spend the night. **B**



July 7-9

After breakfast at the hotel, we will travel to Chinchero just one hour up the valley and several thousand feet up in elevation. By now our bodies will have acclimatized and will be ready for the journey. In Chinchero, we will meet with our Quechua host family where we will stay for the next three days. Our friends and hosts will teach us about traditional Inca weaving and dying, guide us through the temple and ruins, and share their lives with us. The homestay is a private guest house run by our friends Vilma and

Paulino who have 4 children. The guest house is safe and a comfortable place to let the kids explore. Here in the village you will learn about traditional Quechua life by doing activities with your families and slowing your pace to theirs. On day 2 in Chinchero we will visit amazing sites in the valley such as Las Salinas which are salt terraces used since the time of the Inca as well as visiting Moray which are incredible circular terraces



developed by the Inca as botanical laboratories. The kids will love these sites. There will also be time for being involved in various activities from helping with food production, to meeting with shaman healers, weaving and meeting with community members to sitting around evening fires with our host families telling stories and drinking hot tea. We can also choose one day to do a service project in the impoverished village of Usabamba above Chinchero. We will be building appropriate technology kitchens for poor families.

BLD

July 10

This morning we will have breakfast at the guest house and then transfer to Cusco To explore this famous colonial city. we will take a walking tour of Cuzco navigating the narrow cobblestone streets to the main plaza, La Plaza de Armas. After lunch we will explore Cuzco's traditional market where we can drink our fill of fresh squeezed juices, sample a variety of unusual fruits and explore the shaman's market. No visit to the city is complete without visiting the Qorikancha, the Temple of the Sun. Wondering the amazing streets of Cusco can be enjoyed all day. Evening dinner at a Peruvian pizzeria while listening to traditional Inca music. Overnight in Cuzco. **BD**

July 11

After breakfast, we will explore the surrounding area around Cuzco on horseback. Parents can walk beside their child or ride with them or ride their own horse. We will spend the morning and early afternoon exploring sites such as the Moon Temple, Temple of the Sun and other intriguing Inca sites. There is plenty of grassy area for the children to run and play. Afternoon visit to ancient Inca ruins, Sacsayhuman, easily one of the most impressive Inca fortresses in the valley where the parents can explore the extensive ruins while the kids slide down natural rock slides and explore the ancient Inca caves. We will enjoy a picnic lunch before returning to the hotel to rest. The late afternoon will be free for adults to explore the famous museums and Cathedrals while the children are watched by nannies at the hotel (if desired). Evening time is free. Overnight in Cuzco. **BL**

July 12

Today on our final day in Cuzco, you will have free time in the morning to do some final exploration and/or souvenir shopping. Parents will be offered free babysitting if they want to explore on their own. Our afternoon flight will take us back to Lima where we will spend our final hours enjoying the ocean view, visiting El Parque del Amor and having a final dinner celebration. Late in the evening we will return to the airport for our re-eye flight back home. **BD**

AMAZON RAINFOREST EXTENSION (Optional)

July 12

Upon arrival from Lima or Cuzco, reception and transfer to the Tambopata river port in Puerto Maldonado. Puerto Maldonado is situated at the confluence of the mighty Madre de Dios and Tambopata Rivers and is a bustling, booming tropical frontier town. Its principal activities are gold mining, Brazil nut collecting, timber extraction, agriculture and ecotourism. After a brief survey of the town we will depart on a 1 hour ride via Infierno road, followed by 30 minutes boat journey by motorized canoe to Posada Amazonas. Depending on the arrival time of the plane we will have a boxed lunch aboard the boats or have lunch upon arrival at Posada Amazonas. During our voyage we may see bird species typical of the river or forest edge. When we arrive at Posada Amazonas we will unpack and unwind. Posada Amazonas is a comfortable yet unobtrusive 30 room lodge owned jointly by Rainforest Expeditions and the Local Indigenous Community of Infierno. We will receive a short orientation and a complete briefing on the lodge and the Ecotourism Project before our afternoon activity : the canopy tower. In this activity, we will visit a 35 meter scaffolding tower that is 15 minutes walking from the lodge. The scaffolding tower is built so that you safely climb using the internal staircase with verandahs on each side, and rest in platforms present every 2 meters. From the top you not only get spectacular views of the river and the surrounding forest but also excellent opportunities to observe birds from the canopy including parrots, toucans and macaws. A video about the forest of Tambopata will be displayed after dinner. **L, D**

July 13

We will be up at dawn for a visit to the Tres Chimbadas oxbow lake. After an early breakfast we depart, fifteen minutes from Posada Amazonas by boat and a 30 minute walk take us to the lake shore. From here we take a long, easy canoe ride around it. We will look for giant river otters, turtles, hoatzin, and wading birds. The giant river otters that are seen in Tres Chimbadas belong to a resident family of nine. Then we will return to the lodge for lunch before embarking on our afternoon outing. In the afternoon we will visit the community's ethnobotanical center. From this little shop, the community has been registering the uses of medicinal plants from elders and planting, producing and distributing them for over ten years. We will hike the trails around the center with one of the residents who will explain to us the everyday uses of forest resources in medicine, construction, food and fiber. We will return to Posada Amazonas for dinner and overnight. After enjoying our popular happy hour and refurbishing your spirits with ours, you will be up for an optional night walk to look for amphibians and insects. **B,L,D**

July 14

After an early breakfast we will visit a clay lick. This clay lick is also a ten minute walk from the lodge, but next to the river. Amazingly, the variety of parrots that visit this clay lick is considerably different than the one inside the forest that we will visit later in the day. Some of the large macaws, like the red and green macaw, and larger parrots, like mealy and yellow crowned Amazons visit this lick, as well as the smaller parrots and parakeets. From the blind we have constructed next to this lick, even the amateur photographer can take good pictures of these wonderful birds. We will also have a great opportunity to spot other spectacular wildlife, active at this time of the day, like scarlet or blue and gold macaws and a great deal of other birds. When the activity dies out we will visit a small parakeet clay lick that is a 45 minute walk away. Dozens and sometimes

hundreds of Blue Headed Parrots, Orange-Cheeked Parrots, Cobalt-winged parakeets, and sometimes even the rare Rock Parakeet congregate here on clear days to ingest clay. This congregation creates a riotous and colorful wildlife spectacle where the greens, oranges, reds and blues of the parrots dance around the bank as each individual parrot competes for their beak full of clay. At times, this spectacle lasts for hours. After lunch, we will have a walk through a trail on primary forest with a community member and our naturalist guide who will explain general aspects of rain forest ecology and natural history, each with their own contrasting viewpoint. We will return to Posada Amazonas where you will be able to reminisce on the happening of the past three days enjoying our happy hour's Amazonian concoctions. **B,L,D**

July 15

After an early breakfast, we depart by boat back to the city of Puerto Maldonado, directly to the airport, in time for our flight back to Lima and in time for your red-eye flight back to the US. **B**