

Volunteer Peru

Itinerary May 22-31, 2009

A note: All of our itineraries are flexible. Our philosophy at Adventure Divas 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.

MAY 22: FLIGHT TO LIMA

Upon your arrival, you will be welcomed by your Crooked Trails facilitator and brought to a guesthouse in the heart of the San Miguel, near the cliffs of the Pacific Ocean.

MAY 23: TRAVEL TO CUSCO: IMPERIAL CITY OF THE INCAS

Early morning flight to Cusco, the former capital of the Inca Empire. After settling in, and taking in the spectacular views from our guesthouse, we will explore the imperial city of the Incas in order to acclimatize to 3,400 meters of altitude. Peru's sensory feast comes alive as we wander through the San Pedro flowers, meat, fruit and shamans' markets. In the afternoon we will visit the ancient monuments of Qorikancha (Temple of the Sun) and the Plaza de Armas before meeting up with our Chinchero hosts for an early dinner and orientation to the village project. **B,D**

MAY 24: CHINCHERO AND THE SACRED VALLEY OF THE INCAS

After breakfast, we will travel 40 minutes down the Sacred valley of the Incas to the village of Chinchero. Upon our arrival, we will meet members of the Minka Chichero Weavers Cooperative as they demonstrate the traditional use of plants, soil and insects for dyeing their handmade Inca weavings.

In the afternoon after lunch with the families, we will begin our work. Nighttime will be set sharing songs, dance and stories around the campfire. **B,L,D**

May 25-30: CHINCHERO AND THE SACRED VALLEY OF THE INCAS

For the next five days, you will be living with the Chinchero families and working on the boarding school. Work days will go from around 9 AM to 3 PM with afternoons set aside for special visits to the upper villages and local historical and cultural sites.

On our final day, we will join children and families in a special *pachamanca* celebration of our work. **B,L,D**

MAY 31 CUZCO-LIMA-HOME

After breakfast, participants not attending the Machu Picchu extension will travel back to Cuzco for an afternoon flight back to Lima and then home. **B**

May 31: MACHU PICCHU EXTENSION

June 1 HIKING THE TRAIL TO MACHU PICCHU

After breakfast, you will travel an hour down the sacred valley to the Inca town of Ollantaytambo. From here you will board a train for one hour to Km 104 where you will disembark and begin your trek of the Royal Inca Trail to Machu Picchu.

Following the footsteps of the Inca, you will hike the Royal Inca Trail to Machu Picchu. This route is believed to be the ceremonial path that the Inca ruling caste used for ritual purification before entering the sacred site of Machu Picchu. The trail is a magnificent hike from the Choquesuysuy ruins, through an amazing cloud forest to Quetzal Falls, to the watch tower of Winayhuayna ruins. In the afternoon you will climb to Intipunku (Gate of the Sun), the ancient entrance to the sanctuary and arrive in the late afternoon to see Machu Picchu for the first time. When all the crowds have cleared, we will descend to Aguas Calientes where we can enjoy an evening of soaking in the fabulous local hot springs. **B, L**

June 2 : FULL DAY TO EXPLORE MACHU PICCHU

We will spend the entire day exploring the ruins of Machu Picchu while hearing the stories of the meaning behind this site from our local guide. In the afternoon you will have free time to explore the ruins on your own and to climb to the top of Wayanu Picchu and the Temple of the Moon before returning to Aguas Calientes to take the train back to Cuzco. Then you will have a free evening in Cuzco. **B**

June 3 : CUZCO-LIMA-HOME

There will be time in the morning for final exploration of Cuzco before boarding our afternoon flight back to Lima and then home. **B**