

ENTER THE MYSTERY – ITINERARY (15 Days)

“The journey was an amazing experience. I thank you from the heart for making possible the spiritual growth which I truly feel has taken place for me.”
Jill, Esthetician



3,700m. (12,100 ft.) and with its breathtaking panoramas. We camp at the 'top-of-the-world'.

MACHU PICCHU

Day 8 INCA TRAIL – MACHU

PICCHU We rise early for an inspiring first light ceremony. Descend leisurely through the high jungle to Intipata, only recently carved out of the jungle, for lunch at Huiñay Huayna perched amid steep mountain terraces. Then walk in silence to the spectacular Sun Gate. Descend into Machu Picchu. Your first hours are free to roam, guided by your

ARRIVE IN LIMA When you arrive in Lima we will meet you flight, arrange transfer to and from the airport and reserve a hotel so you can stay with other tour members.

Day 1 CUZCO Rise early for our flight to Cusco (3,400m (11,150ft.). Check into a delightful garden hotel behind an original Inca temple gate. Time to nap and settle in. Lunch. After an orientation and welcome the tour officially begins with a visit to the Inca museum for your first glimpse into remarkable stories and ancestors of this place.

Day 2 CUZCO In the morning you will be touched by the culture in a private family market. Then we set out to explore this ancient Inca city, to get a feel for its vibrancy, the people, its main squares, and markets. It is an easy day of discovery and a time for acclimatization to the altitude. Folk dancing in the evening.

THE INCA TRAIL

Day 3 CUZCO We set out with a different mindset to explore the Inca presence that still dominates this town, its streets and structures. As we will speak more of the history, we will learn to see through the centuries to sense the shape and energy of the Inca times, how they moved in these streets and the esoteric mysteries of this place.

Day 4 SACRED VALLEY Board a bus to Chinchero, an Inca town of religious and ceremonial importance. There you will be welcomed in ceremony to this historic land. Explore the ruins and terraces. After lunch local weavers will show you their art. Then enjoy dynamic young dancers who are dedicated to preserving the traditional dance forms of their culture. Cross a spectacular plateau with sweeping panoramas of farmland and glacier-topped mountains on our way to Ollantaytambo

Day 5 INCA TRAIL Take train to famous kilometre 88 on the Inca Trail. Walk easily to extensive Inca town of Llactapata, your first experience of the massive structures and earthworks that typical of the Incas. Optional short climb to high ruins of Huari Huayna, and breathtaking views over the Inca city and the Sacred Valley and a gentle walk up the Cusichaca River to Huayllabamba passing peasant huts and small farms still worked on Inca terraces. Get a feel for the land. Ascend in the afternoon to our campsite.

Day 6 INCA TRAIL Climb through cloud forest microclimate into puna grasslands, to the pass at 4,200m. (13,800 ft.), high point of the Trail. Experience of the challenge and magnitude of the land the Incas dominated. At the pass, we invite you to turn your back on all you wish to leave behind and step forward into a new adventure. Wild flowers. Views of snow-capped Huaka Huillka. Camp by the Pacamayo River.

Day 7 INCA TRAIL Climb to Runcuracay and on to the pass at 4,000m (13,200 ft.). Descend on original Inca steps. Explore Sayamarca ruins with its superb views. Enjoy colours and textures of the high jungle as you climb gently to Phuyupatamarca at

sensitivity and intuition alone. When ready, you can descend to your hotel in Aguas.

Day 9 MACHU PICCHU A guided tour in the morning will give you information to compare with your own discoveries from yesterday. Options: climb to Huayna Picchu, visit the Temple of the Moon, or relax and shop in Aguas, enjoying the hot springs

THE SACRED VALLEY

Day 10 OLLANTAYTAMBO Board the local train for a dramatic trip up the sacred Urubamba River to Ollantaytambo, a living Inca town, that survives today as the Incas laid it out centuries ago, with its street plan, waterworks and solar observatory all bearing testimony to their genius. Spend a day of rest, enjoying the many remarkable features of the town.

Day 11 SACRED VALLEY We enter the Sacred Valley, travel by bus up Urubamba River, viewing terrace-works and making stops and side excursions on the way, guided by areas of interest of the group. Arrive at Písaq in the evening.

Day 12 PISAQ Awake to the sounds of the town square transforming into the famous Písaq market, alive with brilliant colours of people and produce and crafts. In the afternoon visit the extensive Inca complex above the town with its dramatic terracing, outposts, settlements and temples that stretch across the mountain- and centuries.

Day 13 CUZCO Return to the hills above Cuzco. Visit the enigmatic tunnels and carvings of Q'enko. Then walk into the awesome stronghold of Sacsayhuaman, head of the puma, above Cusco. Explore the massive complex with its tunnels, temple sites and magnificent walls. Our final inner journey practice, will be a ceremonial circle in the ruins. Free afternoon in Cuzco

Day 14 CUZCO Free day to relax, explore, visit markets and buy souvenirs. Options are to visit the sacred Qoricancha, temple of temples. You can also join in shopping in the local public produce market as we prepare for a celebration farewell dinner in the home of your Peruvian friends.

Day 15 LIMA Say good bye to new friends and fly to Lima for a free day. Start re-entry into the modern world of shops and franchises! You can visit museums or test for your flight home.

“I surprised myself with the ability to see, sense and feel many different energies in sacred places.” Jürgen, Physician

“More than I ever thought would happen.” Kate, Sport Therapist