

# Trip to Peru

- Four months ago I flew to Peru to see Machu Picchu. Described as the “Home of the Gods”



americas > south america > peru

## Peru in 9 Days

*Sacred Land of the Incas*

Adventure Nature

### Trip Highlights

- ✓ Cuzco
- ✓ Lima
- ✓ Machu Picchu
- ✓ Sacred Valley

### Included

- ✈ All flights
- 🏠 Accommodation
- 🚗 All transfers.
- 📅 Activities
- 🍳 Breakfast only



# Machu Picchu

- [Machu Picchu](#), an ancient [Inca](#) settlement in Peru that is now one of the world's top tourist destinations.
- The name means “Old Peak” or “Great Peak” in the native Quechua language, “New Peak” is to the East.
- Found in 1902 by Agustin Lizarraga, but he did not tell the world.
- Explored in July 1911 by Hiram Bingham who was directed to the site by local farmers who were farming there for about 300 years.
- The site itself stretches an impressive five miles, with over 3,000 stone steps linking its many different levels.
- It is believed to have been a summer retreat for Inca leaders, whose civilization was virtually wiped out by Spanish invaders in the 16th century.

# Machu Picchu in 1911



# Machu Picchu in 1911



# Machu Picchu Today



- Some stones are cut and polished (the structure is called the Principal Temple).

# Machu Picchu today



The first thing you need to fly to most countries is a Covid test. This is required both going to Peru and back to the US. A negative Covid test result is required from a test taken within 24 hours of leaving for Peru and another before leaving for the US.



## Your COVID-19 test result

Collected on September 1, 2021 at 10:30 AM EDT

– **NEGATIVE**

A negative result for this test means that SARS-CoV-2 RNA (the cause of COVID-19) was not detected in the collected sample.

# Risks

## Peru Travel Advisory

Travel Advisory December 20, 2021	Peru - Level 3: Reconsider Travel	C T H
Reconsider travel to Peru due to <b>COVID-19</b> . Exercise increased caution in Peru due to <b>crime</b> and <b>terrorism</b> . Some areas have increased risk. Read the entire Travel Advisory.		
Read the Department of State's <a href="#">COVID-19 page</a> before you plan any international travel.		

- **There is a risk of robbery by bogus taxi drivers, especially to and from the airports and at bus terminals.**
- **Terrorism has not been a problem since 2010.**  
**The internal conflict in Peru is an ongoing armed conflict between the Government of Peru and the Maoist guerilla group Shining Path. The conflict began on 17 May 1980, and from 1982 to 1997 the Túpac Amaru Revolutionary Movement waged its own insurgency as a Marxist–Leninist rival to the Shining Path.**
- **Dates: May 18, 1980 – Nov 22, 2000**



# Flying to Peru

- **Lima, the capitol of Peru, currently has the only International Airport in Peru.**
- **A new International Airport is being constructed near Cusco avoiding Lima. The \$640m project, which will mainly cater to tourists visiting the former Inca capital of Machu Picchu, is being built by a consortium that includes Hyundai E&C of Korea, Sinohydro of China, Mexico's Ingenieros Civiles Asociados, and Peru's HV Contatistas,**
- **If you are flying, you currently most likely will have to leave out of Miami and fly to Lima.**
- **You will need your passport, your Covid results, and a Peruvian Declaration. .**
- **A cell phone is recommended.**
  - **Leaving Tampa, your boarding pass on your phone will get you to the airside.**
  - **In Miami it is handy to have your boarding pass on the phone, as well as your Covid test results, and your Peruvian Declaration.**
  - **In Lima , many restaurants do not offer paper menus (Covid), you have to scan their QR code on the table to get their menu.**

# Travel

**Below are the rules as of September 1, 2021..**

- Currently in the US you need to have a mask on all through the flight.
- In Peru you need **two** masks on at all times.
- On public ground transportation (buses and trains) in Peru you need **two masks AND a shield.**

# Lima

- **When we arrived they bused us directly to our hotel for the night as it was midnight on Oct 3, 2021. They have very nice hotels, ours had a restaurant downstairs.**
- **September is their wet month in Lima, lots of clouds.**
- **The look out my window:**



# Inka Market, Lima

- I wanted to get a musical instrument made by the locals, I decided to go to the “Inka Market”
- Do not bother, it has little to no Peruvian stuff, it is almost all from China.

## Images of Inka Market Peru

[bing.com/images](http://bing.com/images)



# Tour of Lima September 4, 2021

- Lima is a city of almost 10 million people.
- It has an old area where we visited a Square with churches and official buildings.
- At the square there are men dressed in yellow who exchange American dollars to the Peruvian Sol at a better rate than you can get anywhere else.



**Statue in the Love Park.**



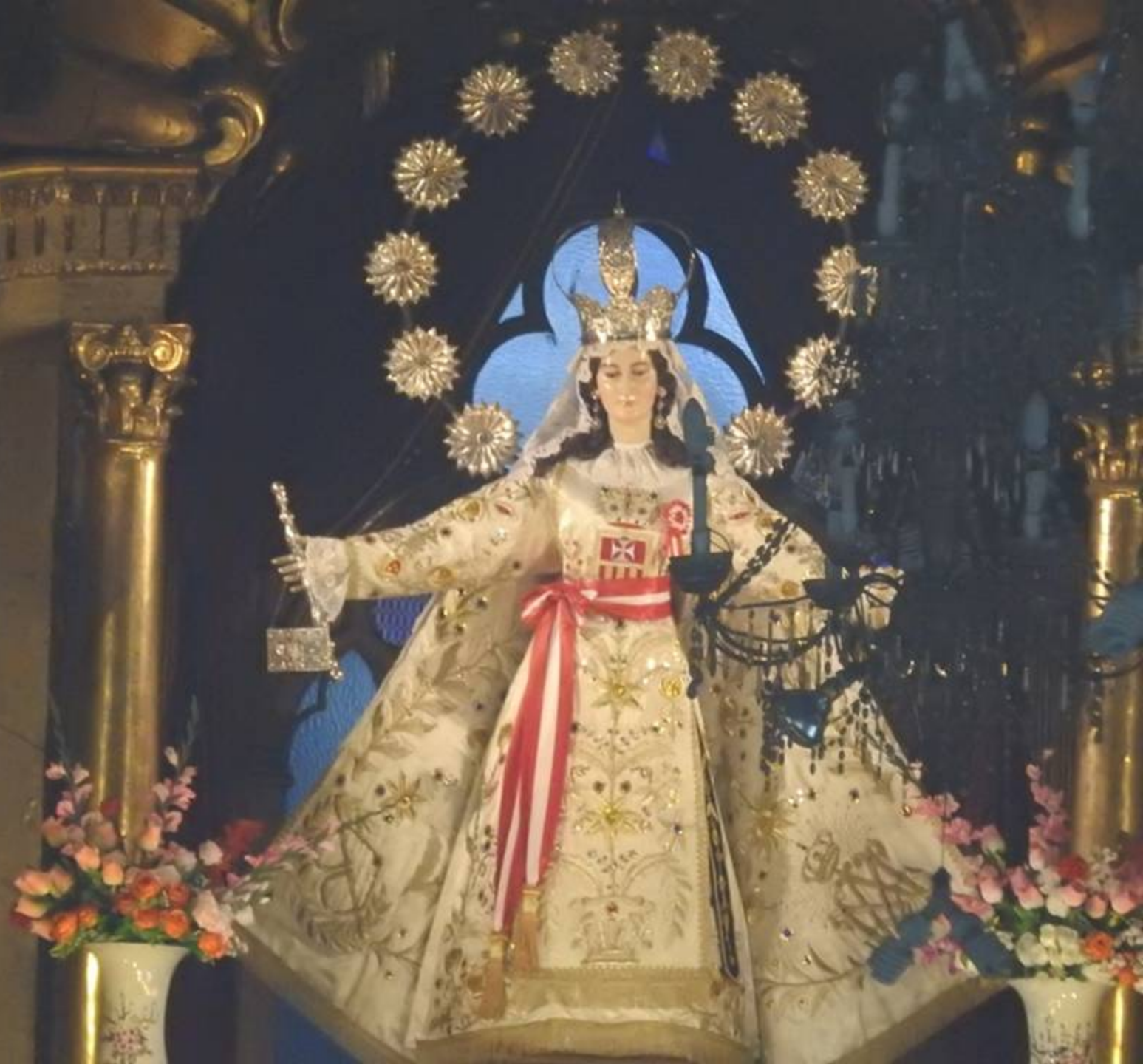


























- Lima is on the Pacific Ocean, but high up on a cliff.

# Food

- The geographical size and the different climates of the Peruvian ecological layers have contributed towards an enormous gastronomic wealth in the development of ancient towns. Peruvian cuisine is rooted in indigenous ingredients and practices, combined with European influences, notably Spanish and Arab, as well as Asian flavors from China and Japan. There are even a few West African influences thrown in, as well. Peru has become an epicenter of fusion cuisine, and is often heralded as the country that is blazing trails into the future of gastronomy.
- Did you know that Lima is known as the **Gastronomic Capital of the Americas?** The city offers a wide variety of restaurants and inviting sidewalk cafes. Lima has some of the country's most chic and cosmopolitan restaurants, serving haute cuisine in addition to regional favorites. Three Peruvian restaurants made it into the **World's 50 Best restaurants and Latin America's top 50 restaurants: Maido, Central and Astrid & Gaston.**

# Flight from Lima to Cuzco, Peru

From Lima, back to the airport where you can fly to Cuzco.



# Cusco (or Cuzco) September 5



The girls at the airport in Cusco, elevation 11,000+ feet.







ESTRUCTURAS  
METALICAS ELOE

PIZZERIA

HOTEL

ALCOHOL



REVISIONES  
TECNICAS

JUGOS  
CALDO  
CRIOLLO

REVISIONES  
TECNICAS  
VEHICULARES

PROHIBIDO  
VEHICULOS  
PESADOS

62-8205

COMUNE DE MUNICI













**A highlight for me,  
baby alpacas.**



# Guinea Pig and Alpaca

- **Cuy:** The prospect of eating a guinea pig tends to elicit a squeamish response from those living outside of Peru. However, cuy is commonplace here (particularly in rural communities) as a good source of protein. Many have been surprised by how rich and tender cuy meat actually is when served with hot pepper sauce, the dish is often compared to rabbit.
- **Alpaca meat** is one of the healthiest and most flavorful meats in the world. The meat is lean, tender, and almost sweet. Alpaca meat is not only rich in proteins but also low in fat & has the lowest level of cholesterol of any meat.

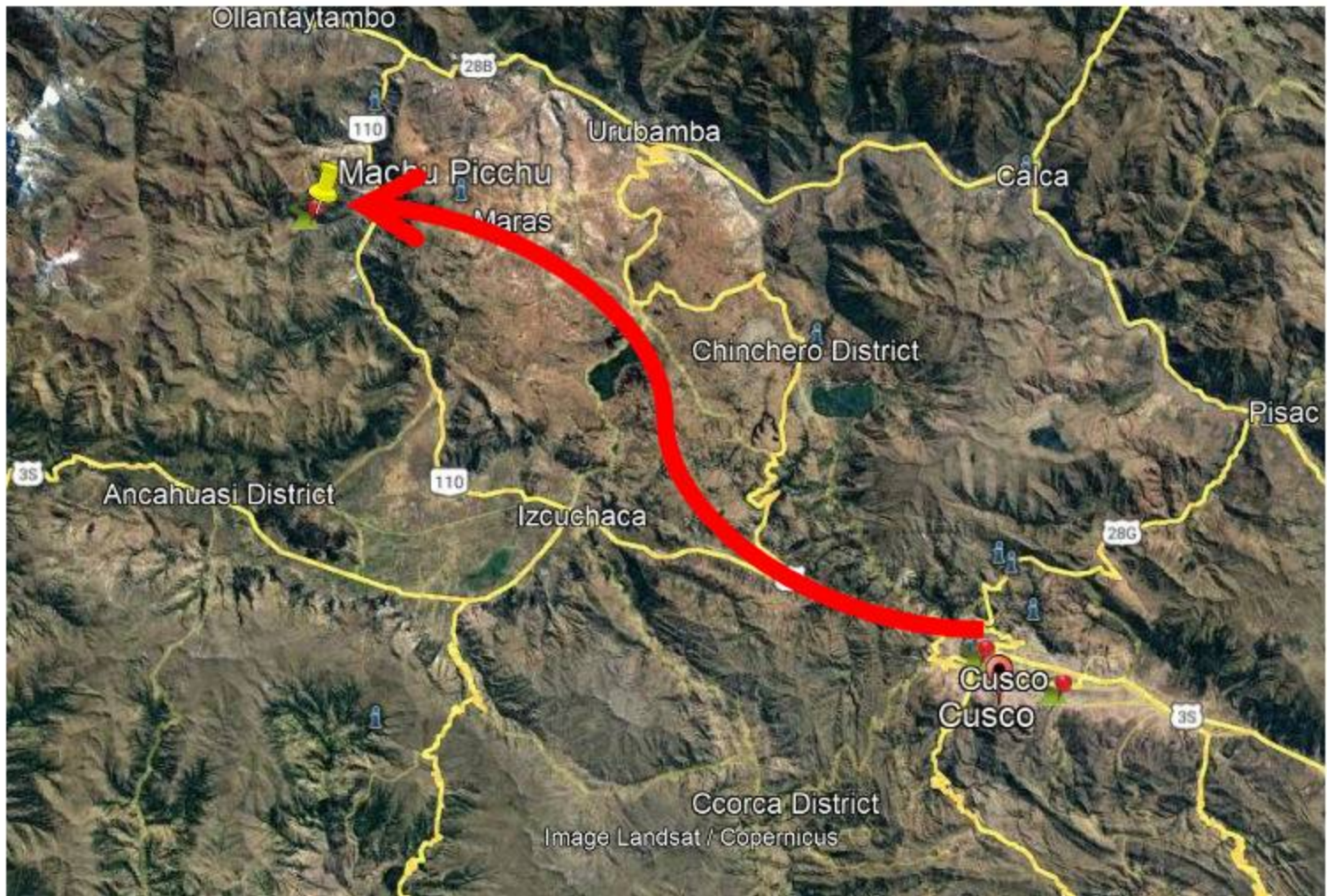








# Cusco to Machu Picchu



# Road trip

- Towns are built in a valley, and up the sides.









# Nazca Lines

On the way to Machu Picchu there is this artwork. This is not one of the 20 Nazca Lines , (it is the Peruvian Coat of Arms) but interesting nonetheless. The Nazca lines are in southern Peru.



The top layer of the soil is dark, but right underneath it is light soil, so all they have to do is scrape off the upper part and they can make a design.



Soccer, volleyball, other games.



**Our hotel for the night was spectacular.**



- **A great hotel out in the**
- **boondocks.**









# Train to Machu Picchu



## Upgrade: Outgoing on Expedition Train and return on Vistadome Train

Upgrade to the Expedition Train on your outbound journey and the Vistadome Train for your return journey. These have fully panoramic windows and windows in the roof, allowing you to enjoy excellent views of the landscape. Light snack on board included.

Suggested activity for day 4

I paid to upgrade our return, but our return trip was at night. Do not bother.





- Two masks and a shield are required.
- The shields are for sale by the locals for \$3













# Machu Picchu



**Breakfast** at the hotel. An exciting visit to **Machu Picchu** awaits you this morning as you set off for the train station to board the **Expedition Train to Aguas Calientes**, admiring the landscape along the way. Arrive and transfer to the UNESCO World Heritage Site of **Machu Picchu\***, a true wonder of the world and one of the New Seven Wonders of the Modern World. Spend some time discovering the ruins and being amazed by the terraces and enjoying a tour of the different sections of the site.

# Machu Picchu

- **Located in the Cusco Region, Machupicchu district in Peru, these ancient Incan ruins has been one of the favorite destinations among tourists.. It was built in the mid 1400's and deserted about mid 1500's.**
- **These ruins comprises of palaces, temples and homes which may have been constructed for a ceremonial or military purpose, or as a retreat for the royals. They are surrounded by the stormy and chaotic Urubamba River flowing in the Sacred Valley, on three sides. The location makes these remains suitable for any of the above motives.**
- **Due to the lack of written language, no information about why the Incas built this heritage site or abandoned it can be found. In 1911, an American historian Hiram Bingham introduced this isolated place and brought it to the international attention. At present, majority of the building have been reconstructed to give its visitors a better comprehension of the place.**
- **Machu Picchu is one of the seven heritage sites which the public has chosen to be one of the 7 Wonders of the World. Named a Heritage Site by UNESCO in 1983.**



**Intiwatana**

**Huayna Picchu**

**Principal Temple & Sacristy**

**Temple of the 3 windows**

**House of the High Priest**

**House of the Inca**

**Temple of the Sun**

**Royal Tomb**

**(Not my photo, found on the Internet)**



[Video of site](#)

[Video of surrounding area](#)

























**Water channel**



**Rounded structure may be an observatory, it is called "Temple of the Sun".**



**Water canals down through the town into the fields where they grew food.**



**"Temple" of Three Windows.**







- Llama's roam around, I think the man seated was their herder.









**Intihuatana stone, “Hitching Post” for the sun?**







- **It is like a small town with granaries, homes, workshops, etc. 200 structures, 40 rows of ten foot high terraces. They called themselves “Children of the Sun”. 174 graves, 150 women.**



- **“Principal Temple and Sacristy”**
- **Inhabited for 50 to 100 years it was deserted possibly because of the civil war, an epidemic, or other means just about the time the Spanish came.**



MACHUPICCHU  
PUEBLO





- **Technicians doing our Covid test prior to flying to the US.**

# Larcomar Mall, Lima

- A must see (to me) was the Larcomar Mall on the ocean, all high end shops and great restaurants.







BANANA REPUBLIC

TATA

CHIS

# Quipu (knots on a string)

The Khipu Database Project (KDP), begun by Gary Urton, may have already decoded the first word from a quipu—the name of a village, [Puruchuco](#)—which Urton believes was represented by a three-number sequence, similar to a [ZIP code](#). If this conjecture is correct, *quipus* are the only known example of a complex language recorded in a [3-D](#) system.



- Quipu played a key part in the administration of the [Kingdom of Cusco](#) and later [Tawantinsuyu](#), the empire controlled by the [Inca](#) ethnic group, flourishing across the [Andes](#) from c. 1100 to 1532 AD when the Spaniards arrived..
- Some have argued that as the region was subsumed under the [Spanish Empire](#), the quipus were actively destroyed, to be replaced by European writing and numeral systems; but the Spanish response to the quipu is much more complicated than this.
- While certainly some quipu were identified as idolatrous and destroyed, the Spaniards actually promoted the adaptation of the quipu recording system to the needs of the colonial administration; and priests advocated the use of quipus for ecclesiastical purposes. In several modern villages, quipus have continued to be important items for the local community, albeit for [ritual](#) rather than practical use. It is unclear as to where and how many intact quipus still exist, as many have been stored away in [mausoleums](#).

# Emergency numbers for your information (I did not need them).

## Assistance for U.S. Citizens

### U.S. Embassy Lima

Avenida La Encalada cdra. 17 s/n  
Surco, Lima 33  
Peru

### Telephone

+ (51) (1) 618-2000

### Emergency

+ (51) (1) 618-2000

### Fax

+ (51) (1) 618-2724

### Email

[LimaACS@state.gov](mailto:LimaACS@state.gov)

### Website

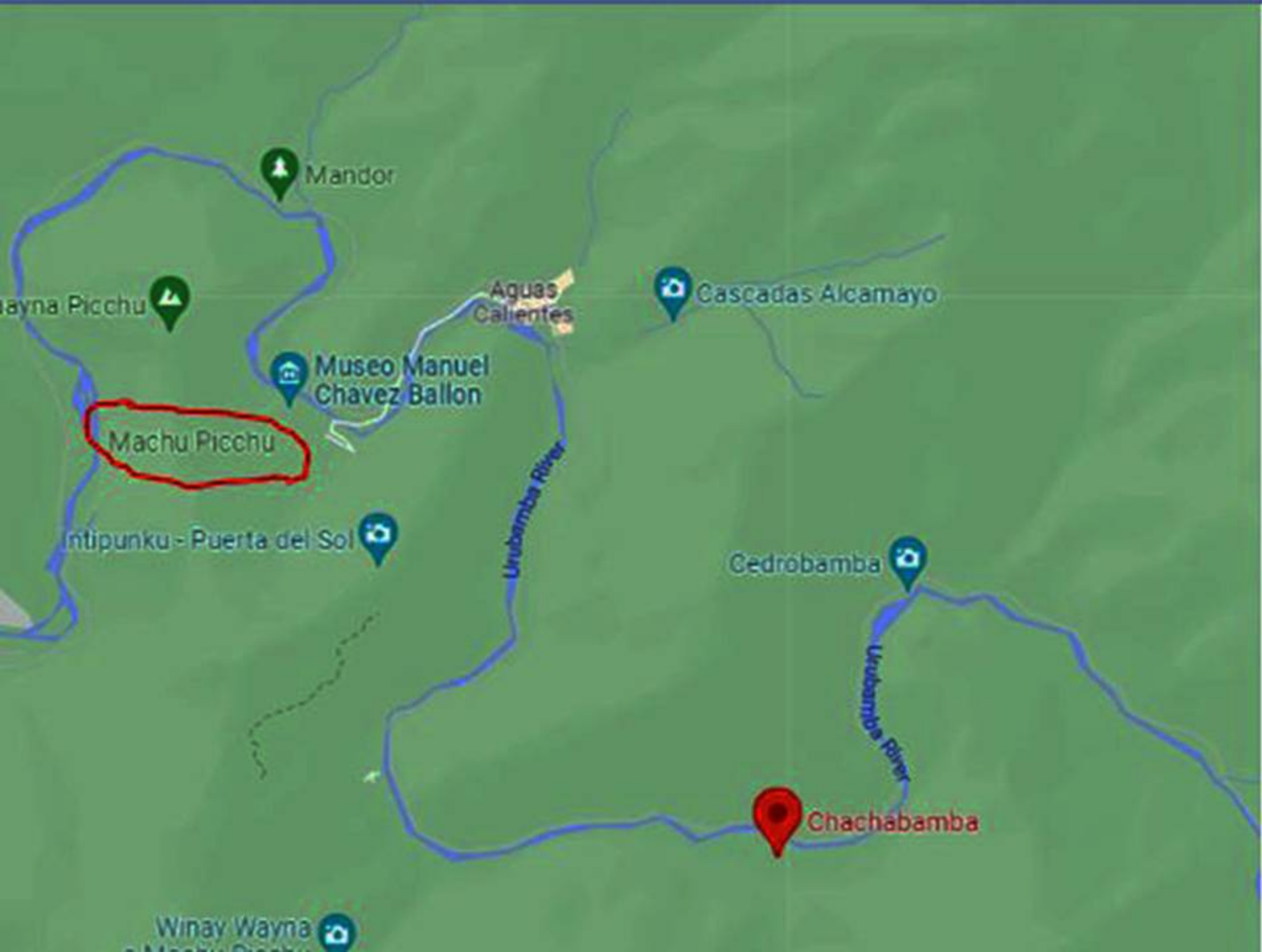
[U.S. Embassy Lima](#)

# December 2021 LiDAR Results

**12 small structures erected on a circular and rectangular plan was revealed on the outskirts of the Chachabamba complex which is the gate house on the river up to Machu Picchu. The researchers suggest that they were the dwellings inhabited by the individuals that operated Chachabamba, although the structures are less ornate in the construction.**

**One of the identified ancient building structures.**







# Future

If you ever decide to go to Peru, a great resource is:  
<https://www.perutrailtraining.com.au>

Our travel agent was Exoticca  
(<https://www.exoticca.com/us>)

- **QUESTIONS?**

