

Peru with the Mabies
April 7th - 19th 2010

Day 1—April 7th.

Arrive in (the evening in) **Lima**. Overnight at La Paz apartment hotel, Miraflores. Airport-hotel-airport transfers are included.

Day 2—April 8th.

Depart Lima on Lan Peru 031. Arrive in South America's oldest continuously inhabited city—**Cusco, Peru**. Cusco is located 10,912 feet above sea level. Its central streets are lined with massive Inca-built stone walls which form the foundations of both colonial and modern buildings. Rest to adjust to the altitude before enjoying a **Cusco City Tour**, including Korikancha and sounding areas.

Evening speech "The Andean Cosmic Vision" and introduction to Peruvian shamanism by Dr. Theo Paredes, Ph D.

Lunch and Welcome Dinner at Poqen Kanchay are included.

Overnight at Poqen Kanchay in Cusco.

Day 3—April 9th.

We will travel to an area known as the **Saqsayhuaman Fortress**. It consists of 22 zigzagging walls made of huge limestone blocks, many weighing one hundred tons and fitted together. It has been said that this area is the 'teeth of the Puma'. We'll work in the temple at Q'enko—a doorway that leads to the three different levels of consciousness that exist in Andean cosmology. Q'enko consists of large limestone formations covered with carvings. Tunnels below the boulders include a cave with altars carved into the rock.

You'll have free time in the evening to visit the town of Cusco, if you wish.

Picnic Lunch is included. Dinner is not included.

Overnight at Poqen Kanchay.

Day 4—April 10th.

We'll travel to the **Temple of the Falcon** at **Pisac** in the **Sacred Valley**. It's a spectacular climb amidst agricultural terracing. You'll note hundreds of holes, which were formerly tombs, honeycombing the cliff walls as you enjoy the breathtaking view of Apu Pachatusan (He who holds up the sky) across the Urubamba River. At the summit you will enjoy one of the most beautiful of the Incan temples, Pisac. We'll spend the day exploring the site as we will conduct a ceremony and work with the callapa stone and the seven chakras.

Lunch and Dinner are included.

Overnight at the Royal Inca in Pisac.

Day 5—April 11th.

Early morning visit to **Ollantaytambo**, one of the oldest continually inhabited Incan pueblos in existence, where you can still see adobe houses built upon original Incan stonework and channeled waterways. We will also visit the **ruins of Ollantaytambo** during a day ceremony.

Lunch at Ollantaytambo. Dinner at Poqen Kanchay.

Overnight at Poqen Kanchay

Day 6—April 12th.

We will visit **Tipon**, The Temple of Water. Tipon is a terraced area that lies below the Apu Pachatusan. Here we will work with the spirit of water for harmonization and try to align all of our levels of consciousness. We will also visit the **Wari Temple** and **Hauacarpay lagoon**. You'll have free time in the evening to visit the town of Cusco, if you wish. Picnic Lunch. Dinner is not included. Overnight at Poqen Kanchay.

Day 7- 11—April 13th. - 17th.

Travel by Bus to **Villa Carmen**, a ranch house on the fringes of the **Parque Nacional del Manu**—The National Park of Manu is a huge flora, fauna and native peoples reserve in the southeast of Peru. The area is a cloud rainforest, which lends itself to a wide range of biodiversity....from a huge selection of orchids to a myriad of florescent butterflies. It is a jungle with mountains as opposed to the flat Amazon basin. There are incredible rivers and waterfalls, as well as trees called 'Grandmothers' which are visited by the locals. Villa Carmen is an old ranch begun a century ago by a Spaniard on land that belonged to Garcilazo de la Vega, daughter of the last great Incan emperor. Now it is hosted by Gretel Muñiz, a woman who makes you feel like you've come home. All of the meals are prepared fresh daily in the traditional style of the area from local produce and livestock. The accommodations are in double or triple rooms with a common bath area. Our days in the jungle will consist of exploration by foot, horses and boats. We will be joined throughout our visit by local peoples who are very knowledgeable about the native flora and fauna. This is a perfect opportunity to experience the magic of the jungle while immersed in the remote life of Nature. We will be doing daytime jungle walks with local guides who will explain the medicinal flora and fauna; evenings will be dedicated to ceremonies and working with Don Theo. Breakfast, Lunch and Dinner are included each day. Overnights at Villa Carmen.

Day 11—April 17th.

Return to Cusco. Lunch on the way. Dinner at Poqen Kanchay. Sauna Overnight at Poqen Kanchay.

Day 12—April 18th.

Rest and spend the day in Cusco sightseeing and shopping. Breakfast and Farewell Dinner at Poqen Kanchay Overnight at Poqen Kanchay.

Day 13--April 19th.

Depart Cusco on Lan Peru 026 11:15 a.m., arriving Lima at 12:30 a.m. Upon arrival in Lima, board private bus to Miraflores. Spend the afternoon shopping and enjoying the parks & views of the ocean. Transfer to airport for your late evening return flight to U.S.

Rates:

6-12 participants	US\$2600.00 per participant
13-18 participants	US\$2500.00 per participant

The trip includes;

- ⊖ All accommodations in 4 star hotels. double occupancy
- ⊖ All transportation listed in the itinerary, including flights and transfers to the sites and hotels listed in the itinerary
- ⊖ All breakfasts, lunches, picnic lunches and dinners detailed in the itinerary
- ⊖ Entrance to all archaeological sites listed in the itinerary
- ⊖ Ceremonies and teachings by Don Theo
- ⊖ One Tour Guide

This price DOES NOT INCLUDE:

Passport fees, airport exit taxes for international or domestic flights (approx.\$4.00 and \$25.00), telephone, beer, wine or liquor, soft drinks or bottled water, incidental food and beverages bought on the road and/or meals not included in the itinerary, tips of any kind, personal purchases, laundry, individual work or personal healings with healers (approx. \$100.00), airfare to the commencement and from the termination point of this expedition, expenses incurred because participants miss flights or buses, expenses incurred due to sickness of participants during the expedition, etc.

Payments and Registration:

- ⊖ A \$100 non-refundable deposit is due on, or before, **March 1st** 2010. This deposit will be applied to the total cost.
- ⊖ The full payment of \$2,600 (or \$3,080 for extension to Macchu Picchu) is due on, or before, **April 1st**, 2010.

To Register Contact:

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Subject: Peru with the Mabies

*******PLEASE REFER TO THE NEXT PAGE FOR INFORMATION ON THE*******

Trip Extension To The World Heritage Site—Macchu Picchu

Trip Extension To The World Heritage Site—Macchu Picchu with Pepe Arancibia

Day 13—April 19th. With Pepe

Leave on the 'Vistadome' morning train to **Macchu Picchu "The Crystal City"** whose buildings and terraces spill over a ridge hundreds of meters above the rushing Urubamba River. Macchu Picchu's builders harmonized architecture and sacred geography, framing views of nearby mountains in doorways and windows and carving stones to echo the mountain's shapes. Return to Cusco on the 3:15 p.m. train. Includes hotel-train station-hotel transfers.

Breakfast and Dinner at Poqen Kanchay are included.

Overnight at Poqen Kanchay

Day 14—April 20th.

Depart Cusco on Lan Peru 026 11:15 a.m., arriving Lima at 12:30 a.m.

Upon arrival in Lima, board private bus to Miraflores. Spend the afternoon shopping and enjoying the parks & views of the ocean. Transfer to airport for your late evening return flight to U.S.

Rates:

06-12 participants	US\$480.00	per participant
13-18 participants	US\$430.00	per participant

The trip extension includes

- Ø All accommodations in 4 star hotels, double occupancy
- Ø All transportation listed in the itinerary, including train tickets and transfers to the sites and hotels listed in the itinerary
- Ø All breakfasts, lunches and dinners detailed in the itinerary
- Ø Entrance to all archaeological sites listed in the itinerary including Macchu Picchu with Pepe Arancibia
- Ø One tour guide

This price DOES NOT INCLUDE:

Passport fees, airport exit taxes for international or domestic flights (approx.\$4.00 and \$25.00), telephone, beer, wine or liquor, soft drinks or bottled water, incidental food and beverages bought on the road and/or meals not included in the itinerary, tips of any kind, personal purchases, laundry, individual work or personal healings with healers (approx. \$100.00), airfare to the commencement and from the termination point of this expedition, expenses incurred because participants miss flights or buses, expenses incurred due to sickness of participants during the expedition, etc.

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