

Journey to Nazca, Paracas and Tarapoto with Dr. Theo Paredes
October 16th.-30th., 2010

Day 1

Oct. 16th.

Arrive in Lima. Transfer Lima's airport- hotel. Overnight in La Paz apart hotel.

Day 2

Oct. 17th. We will pick you up in the morning and leave on a private bus to Ica city. On the way we will visit the Huacachina lagoon, which is an oasis surrounded by dunes and palm trees. After an explanation about the area by Dr. Theo Paredes we will do some walking and exercises around the lagoon and have lunch in a restaurant located at front of the Oasis. Lunch and dinner are included. Overnight in Casa Andina hotel Nazca.

Day 3

Oct. 18th. Today we will have a full day in Nazca city. In the morning we will do an over flight to Nazca Lines which remain a mystery even today. During the flight you will observe giant figures in the middle of the desert which represents fishes, spiders and geometric figures. We will then continue with the archeological tour visiting the aqueducts which consist of 40 subterranean channels used by the Nazca culture to get water and visit the Paredones which was an archeological complex during the Inca period. It is built with adobe and was used as an administrative center to control trade between the coast and Andes area. We will finish the day with an explanation about how the Nazca civilization made ceramics. Lunch and dinner are not included. Overnight in Paracas hotel.

Day 4

Oct. 19th. Visit Ballestas island in the morning to observe sea lions, pelicans, penguins and other marine birds. On the motor boat trip over to the Islands, the famous "Candelabro" can be seen; an enigmatic drawing that many people believe is related to the Nazca Lines. Then we will continue the trip to Paracas national reserve, it is a unique protected area of Peru that has a marine ecosystem. You will visit the hall of interpretation of the reserve and viewpoints of birds and beautiful beaches.

Day plant ceremony (SP).

At evening back to Lima.

Lunch is not included

Dinner is included.

Overnight in Lima.

Day 5

Oct. 20th. Rest during the morning and transfer to Lima's airport at 1.00p.m. Today we are flying to Tarapoto city leaving at 4:00pm via Star Peru. (1 hour 20 minutes).

Airport- hotel transfer. Evening free to enjoy hotel facilities.

Dinner and overnight at Hotel Rio Shilcayo.

Day 6

Oct. 21st. Today we will see beautiful landscapes until we arrive in the biodiversity forest, then we will star a small trekking, watching the flora and fauna of the place until we get in the Ahuashiyacu waterfalls, to enjoy its refreshing water with Dr. Theo Paredes and local helpers.

At evening visit an organic cacao factory.

Lunch and dinner are included.

Overnight at Hotel Rio Schilcayo

Day 7

Oct. 22nd. After breakfast, ride to Moyobamba. On the way we will visit a nice orchid garden named "Wakanki" and city tour Moyobamba and alto Mayo at evening.

Lunch and dinner are included.

Overnight in Puerto Mirador hotel.

Day 8

Oct. 23rd. Today we visit Tingano rio avisada national reserve, we will go first by bus then by motor boat by Mayo's river and continue by canoe by Avisado's river. Arriving in the National reserve we will introduce our selves with the community members for then continue visiting the area.

Lunch and dinner are included.

Back to the hotel to take our luggage and leave to Pumarinri where a nice meal will be waiting for us.

Overnight in Pumarinri hotel.

Day 9

Oct. 24th. Today we will hike to Pucayaquillo waterfalls, back to the hotel for lunch and free evening to relax in the swimming pool, in the river or walk around the natural areas.

Lunch and dinner are included.

Overnight in Pumarinri.

Day 10- 13

Oct. 25th- 28th. We will be working here deeply for 3 nights with the sacred plant known as the vine of death, Ayahuasca guided by Dr. Theo Paredes.

We will be looking for re-establishing the order and balance in our physical, mental and spiritual bodies. The ceremonies will allow us to do a cleansing and healing.

All meals during this time will be provided.

During these 4 days we will be looking for re-establishing the order and balance in our physical, mental and spiritual bodies working with Dr. Theo Paredes around the area. Bird watching, visiting Chasuta community and hiking to Chumia and fishing.

Overnight in Pumarinri hotel.

Day 14

Oct. 29th. Back to Tarapoto. Relax in the hotel. Lunch is included. Back to Lima's airport at 6pm Tarapoto- Lima flight via Star Peru leaving at 8:00p.m.

Dinner in Lima is not included.

Overnight in Apart hotel La Paz, Miraflores.

Day 15

Oct.30th. Day tour to Caral. It was inhabited between roughly 2600 BCE and 2000 BCE, enclosing an area of 66 hectares. Caral was described by its excavators as the oldest urban center in the Americas, a claim that was later challenged as other ancient sites were found nearby. Accommodating more than 3,000 inhabitants, it is the best studied and one of the largest Norte Chico sites known.

Lunch and dinner are not included

Back to Lima's airport at 8.00p.m.

This price includes:

--All transportation to the sites listed in the itinerary including domestic flights listed, Nazca overview flight, motor boat to Ballestas Island, private vans and hotel transfers.

--All lodging in double rooms.

--All breakfasts, and all meals listed in the itinerary. During the jungle portion all meals are included.

--Entrance to all sites listed in the itinerary

--Plant ceremonies by Dr. Theo Paredes and Jose Arancibia.

-- 1 Tour guide.

This price DOES NOT INCLUDE:

Taxes of any kind, passport and airport exit tax fees for international and domestic flights (approx.\$4.00 and \$25.00), telephone, wine, beer and other liquor, soft drinks and bottled water, incidental food and beverages bought on the road and/or at meals not included in the program, tips of any kind, personal purchases, laundry, individual work and 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.

