



Culinary Peru Tour

This 8 day round trip through the World's leading Culinary Destination starts out in the colonial capital city of Lima where we will dine in the the award winning restaurant Astrid y Gastón, selected in 2014 among the 50 best restaurants in the World. We combine our gastronomic adventure with visits to exciting museums that feature the New World's best pottery and weavings collection. We spend 6 days in Cusco, Sacred Valley and Machu Picchu to admire the ancient Inca fortresses, Andean terraces, agricultural experimental fields, weaving techniques as we try to taste as many of the 4000 kind of potatoes that come from the Andes. We will learn and have the opportunity to taste traditional and nouvelle Andean cuisine that include a wide variety of potatoes and corns, as well as the traditional guinea pig, Alpaca steak and Andean trout.



Detailed Itinerary

Day 01 : Arrive in Lima, reception and transfer to hotel. Overnight at your selected hotel in Lima.

Day 02 Morning tour of the colonial World Heritage city of Lima, followed by a guided tour of the ancient textile and pottery Larco Herrera Museum. In Miraflores we stop at the Señorío de Sulco, an award winning restaurant located conveniently overlooking the Pacific Ocean. The lecture on Peruvian Gastronomy is followed by the buffet featuring typical Peruvian Criollo cuisine, a fusion of Spanish and Andean cuisine that uses various chili's and potatoes only known to Peru. Dishes include Ají de Gallina, (spicy chicken stew) Papa a la Huancaína, (potatoes in cheese and yellow chili sauce), Ceviche and Tiradito, (fish marinated in lime juice), and desserts such as the Mazamorra Morada (purple corn pudding) and the Suspiro a la Limeña (Lima Lady's sigh- a very sweet sugary dessert topped with merengue). On this day we dine at the World famous and award winning Astrid y Gastón. Gastón Acurio is a Peruvian Chef whose specialty became the Novo Andino cuisine, the new Andean cuisine that includes ingredients from the Incas such as the Amaranth, Quinoa, Peruvian chocolate and exotic fruits. He revolutionized the Peruvian cuisine became a role model for many young Peruvians. Overnight at your selected hotel in Lima [B,L,D]

Day 03 Transfer to the airport for flight to Cusco. Upon landing in Cusco we first explore the Sacred Valley for a few days to ease the adaptation to elevation. The drive from Cusco to the Sacred Valley over a high Andean plateau features scenery with snow capped peaks, alpaca herds, Andean lakes and life. We stop to explore the Pisac Market and the archaeological terraces, and continue to Ollantaytambo citadel. For lunch we enjoy true nouvelle Andean cuisine at the Huayocari restaurant that includes the traditional

guinea pig. Guinea pigs are raised in large free ranging groups large enclosures throughout the Andes and it is truly a sustainable meat. We visit the Ollantaytambo fortress, one of the most impressive Inca architectural complexes and Andean terraces. Overnight at your selected hotel in the Sacred Valley. [B,L]

Day 04 We start the day by visiting the small traditional town of Chinchero, which is perched in the altiplano at 12,400 ft and is known for frequent rainbow sightings. The main plaza is outstanding with large Inca walls and a beautiful colonial church. We visit a local to enjoy a weaving demonstration and the opportunity to try out the back strap weaving technique to gain more appreciation for the beautiful and complex weavings sold in the area. We then visit the agricultural experimental round terraces of Moray to gain an understanding of the cultivation of over a thousand kinds of potatoes and grains grown by the Incas. In the beautiful Andean setting we enjoy a picnic lunch. We enjoy an early afternoon soft trek to the Salt-pans of Maras, one of the most important salt mines of the region that has remained active since the Incas period. Its salt is even available in some gourmet stores in the US and Europe. The pink salt is available on site for purchase and makes a great and inexpensive gift for friends back at home. Maras allows for great views onto the Sacred Valley where we return in the late afternoon. Overnight at your selected hotel in the Sacred Valley [B, L]

Day 05 After breakfast we have a short bus or walking transfer to the train station of Ollanta. We take the Vistadome train to Aguas Calientes, the town located at the base of Machu Picchu. We enjoy a full guided tour through the most fascinating features of this astounding and mysterious ancient citadel and World Heritage Site of Machu Picchu. Lunch is a buffet at the Sanctuary Lodge next to Machu Picchu. After lunch

we bus back to Aguas Calientes. Check-in at hotel and enjoy a gourmet dinner. Overnight at your selected hotel in Machu Picchu town [B,L,D]

Day 06 Morning at leisure at the hotel., stroll by the town or river, or an optional revisit of Machu Picchu. Vistadome train return to Cusco and transfer to your hotel. Overnight at your selected hotel in Cusco.[B]

Day 07 Today we spend the entire day exploring the Inca Capital of Cusco. Known for narrow cobble streets and the architecture featuring colonial buildings built right atop Indian stone buildings, Cusco has been declared a Heritage of the World site. In the morning we visit the archeological sites in the outskirts of Cusco, such as the fortress of Sacsayhuaman, the temple and amphitheater of Kenko, Tambomachay and the red fortress of Puca Pucará. Lunch at MAP café, in the city center featuring Novo Andino cuisine including Andean trout and alpaca meat steak. After lunch visit the pre-Columbian Art Museum and the picturesque artists district of San Blas. Dinner at Chicha restaurant to enjoy the typical Peruvian Pisco Sour, Maracuja Sour and many new alternatives to the Andean cuisines.

Day 08 Breakfast at the hotel and free time until the transfer to the Cusco airport to take the flight back to Lima and connect to the home destination. [B]

Inclusions and Exclusions: The roundtrip includes transfer to and from the airport, airport assistance during check-in, different English speaking, certified guides in each of the visited cities. Private transfers for all outings except in Machu Picchu. Meals as indicated in the program [Breakfast=B; Lunch=L; Box Lunch = BL; Dinner=D], hotel category is quoted at 3-4 Stars but upgrades and other options are available. The tours and guiding is in private for the group. Entrance fees and train to Machu Picchu are included. Not included: airfares, travel and medical insurance, meals not listed, extra snacks in hotels, laundry, phone calls, tips.

