



Peru

March 18 - 26, 2011

Join us for a remarkable journey that promises to be life changing and eye opening. Peru is a nation of dramatic history, indigenous culture and great contrasts - from the lush Amazon region to the breath-taking but often stark Andes.

As with all World Neighbors Journeys, you will experience the country in a way you would never know on a traditional tour. We will visit communities in the Apurímac region of the Andes that suffered dramatically during the "Shining Path" conflict of the 1980s and early 1990s and today is slowly recovering from years of great hardship as indigenous communities work with World Neighbors to forge a more promising future.



Summary Itinerary



Day One - March 18
Arrival in Lima

Our group arrives at the end of the day in the capital city of Lima. We will travel from the airport to our lodging in the Miraflores district on the outskirts of Lima. (<http://www.mirafloresperu.com/en/index.php>)



Day Two - March 19
Exploring Lima & Orientation Day

This afternoon we will have a chance to explore the historic heart of the Lima and get a sense of the country's colonial history. (<http://www.lonelyplanet.com/peru/lima>)

We will explore the city's historic core, la Plaza de Armas, and will have a buffet lunch at Club de la Unión. We will explore the national cathedral, the catacombs of the Convent of San Francisco, the national government buildings and the fountains of the Magic Circuit of Waters Park.

In the evening, our group will have a welcome dinner and an orientation of our time together in Peru. We will return to our hotel in Miraflores at the end of the day.



**Day Three - March 20
Arrival in
Andahuaylas
& Ongoy Program**

We will rise early in the morning for our flight from Lima to Andahuaylas by late morning and then have a box lunch.

In the afternoon, we will have a chance to understand the lasting impact of World Neighbors in communities with a visit to the Ongoy Program of former World Neighbors partner Acción Andina. Although we maintain ongoing contact with this former partner, it has become self-sustaining and continues to expand its reach to communities.

We will have a chance for dialogue with the organization's leaders and community members to hear about their ongoing progress and how they meet current challenges.

We will end our day with dinner at our hotel in Chinchero (<http://www.andeantravelweb.com/peru/destinations/cusco/chinchero.html>)



**Day Four - March 21
Uranmarca Program**

We will depart in the morning from Chinchero and will travel to the Uranmarca Program where World Neighbors is working with 13 communities to address basic needs through an integrated approach.

In addition to seeing benefits of agriculture, health and animal husbandry, we will see the benefits of savings and credit groups that benefit women. Using an approach that integrates improved livelihoods, women are pooling their increased income to meet household and community needs. This is a dramatic illustration of how World Neighbors builds community capacity and local leadership.

We will return to our hotel in Chinchero for dinner.



**Day Five - March 22
Cocharcas Program**

Today we continue our visits to current World Neighbors work with a visit to the Cocharcas Program. In addition to agriculture and savings and credit, a key activity is nutrition which is an acute need. Communities in the Apurímac area have some of the highest rates of malnutrition in the Andes - as high as 43% in many communities compared the national average of 25%. We will see how mothers are learning to make better use of local resources to provide their children a healthier diet.

We will return to Andahuaylas at the end of the day for our final night in the World Neighbors program area



**Day Six - March 23
Cusco & Aguas
Caliente**

This morning we will fly from Andahuaylas to Lima and then on to Cusco

We will arrive in Cusco by late afternoon and take the train to Aguas Caliente, the town nearest Machu Pichu. We will have a chance to explore the town and have dinner at a local restaurant.



**Day Seven - March 24
Machu Pichu**

Today we will visit Machu Pichu, one of the most dramatic and important ruins in the Americas. An experienced, local bilingual guide will lead our tour of this UNESCO World Heritage Site that dates back to initial construction in 1430. Since it was not plundered by the Spanish when they conquered the Incas, it is especially important as a cultural site and is considered a sacred place.

We return to Cusco by the end of the day for dinner in the Colonial core of the city and overnight at our Cusco hotel



**Day Eight - March 25
Exploring Cusco**

We now have an opportunity to explore Cusco, Peru's most historically significant city and capital of the Incan Empire. We will have a day to shop in the open air markets, and the option to visit the archaeological sites of Ssacsayhuaman, Kenko, Puca Pucara and Tambomachay.. (<http://www.cuscoperu.com/index.php>)

We will end the day with a group dinner and folklorica show at the Centro Qosqo de Arte Nativo



**Day Nine - March 26
Departure**

Our Journey ends as our group departs from Cusco to return to the U.S. via Lima or explore other areas in the area.

Journey Costs

\$2,200 per person for all grounds costs including all meals, hotels, flight from Lima to Andahuaylas flight from Cusco to Lima. \$1,000 deposit per person needed by January 31, 2011; final payment of remaining costs to be made by February 15, 2011.

Airfare to Lima and return to the U.S. is not included in this cost, and must be arranged by the traveler.

Physical Requirements for the Trip

As with all World Neighbors trips, our travelers' safety and comfort is the top concern throughout the Journey. It is important that all Journeys participants check with their physician before going and be up to date on all immunizations before the trip. We will not be doing extensive trekking or hiking, but much of the trip will be at 10,000 feet and higher.

It is important to pack as lightly as possible with one carry-on suitcase and a personal bag because of the space limitations of our flight from Lima to Andahuaylas.