



Journeys of Discovery Travel PERU ANDEAN MYSTERIES Healing, Wholeness, Wisdom May 8 – 17, 2020

Peru calls to those ready for a spiritual awakening. We journey to Peru to understand the message of the heart, return to wholeness and open to the wisdom of Pachamama Mother Earth; for she is inside us and we are inside her. In this mystical land deep inner knowledge awakens as you are surrounded by the energy of the Apus - Spirits of the Andes, beautiful valleys, rivers, ancient energetic sites, and the gentle hearts of the Peruvian people. In Machu Picchu you can hear the voices of the ancient ones in the wind. On this journey we will hear traditional teachings, participate in ceremonies, and undertake powerful healing and energy work. Of course we will enjoy delicious healthy food, lovely accommodations, retail therapy shopping for local treasures and simply have fun! Say yes to a journey to Peru and you will discover the Magic begins before you arrive!

Group Leaders:

Gayle Lawrence Journeys of Discovery Travel: This is Gayle's 11th Sacred Journey to Peru. On her 1st spiritual journey to Peru in 1995 after a devastating divorce, the seed was planted. Her 2nd trip in 1997 nourished that seed and it grew into Journeys of Discovery a couple of years later. Peru is Gayle's "Soul Connection" which calls her to return again and again to find balance, clarity and connection and to share the experience with others.

Jennifer Weigel: Journalist, Reporter, Author of 4 books about spirituality, TV Anchor and Spiritual Adventurist. Jen has spent the last twenty years interviewing gurus, healers, doctors, mediums and psychics trying to "bridge the gap between the mystical and the medical".

Guide: Shaman Romulo Lizarraga Valencia: A Quechua Peruvian Indian who lived near Machu Picchu and learned the healing & spiritual arts of the Andes from his mother. Romulo has traveled extensively working with many other Shaman, Initiates and Healers and is recognized as a Keeper of Ancient Wisdom. He holds a post-graduate degree in tourism and today lectures at Universities and leads spiritual tours as a professional guide on the Inca Trail and to the sacred sites of his ancestors. He works with groups in ceremony to help heal one's Soul and to create a more balanced and whole life. Romulo is co-author of "*Journey to Machu Picchu, Spiritual Wisdom of the Andes*".

Itinerary: Pre-tour arrival – Thursday May 07, 2020

The tour begins the morning of May 8 Friday from Lima, Peru. There are overnight flights from most cities, departing on May 7 and arriving in Lima around 5:30 AM on May 8. You should plan to arrive in Lima no later than 6 AM on May 8 to connect with the group flight to Cusco. If you choose to arrive in Lima on May 7, you will overnight at the airport Wyndam Ramada Costa del Sol and meet the group the morning of May 8 for the flight to Cusco. (Additional cost)

Day 1: Tour Begins: Friday May 8, 2020 Lima / Cusco / Sacred Valley B,L,D

Arrive no later than 6 am at Jorge Chávez International Airport in Lima. You will be met by a local agent and escorted to the domestic terminal for our group flight to Cusco, Peru. Our guide will meet us and then we begin a scenic drive to the Sacred Valley of the Incas. This will be a slow and relaxing day giving us time to acclimate to the higher altitude and adjust to our Andean Mountain surroundings. We will stop at Ccochahuasi Animal Sanctuary for a ceremony to connect with the life-force of the Sacred Animals of Peru and the Nature Spirits of the Andes. We will be introduced to the Puma, the animal messenger of the physical world and sit side by side with the magnificent Andean Condor, the Sacred Bird of

Peru and messenger of the spiritual plane. After lunch at our hotel, we will have a group orientation and Welcome Ceremony with Jennifer, and Gayle. Romulo will lead us in ceremony to ask for a blessing from the Apus – Spirits of the Andes to watch over us on our Sacred journey.

Lodging is the “5 Star” [Taypikala Valle Sagrado Hotel](#) located on the Urubamba River surrounded by the Andes, with swimming pool, beautiful restaurant, gardens, a labyrinth and peaceful paths with flowers and hummingbirds. The hotel has areas for meditation, yoga and relaxation where guests can nourish their Soul with positive energy

Day 2: Saturday May 9 Sacred Valley Ollantaytambo B,L,D

This morning we visit the original Incan town of Ollantaytambo (City of Dawn) with ancient stone streets and original aqueducts. We explore the main altar with its gigantic pink stones, the Temple of the Sun, Sanctuary of the Wind and Condor Temple. After lunch we will visit the Pisak market and meet some of Gayle’s personal Peruvian friends for beautiful handmade art, paintings, sculptures, tapestry and mystical jewelry. After dinner Romulo will lead us in an outdoor fire ceremony where we release to the fire what no longer serves us in our life. Taypikala Valle Sagrado

Day 3: Sunday May 10 Sacred Valley Maras, Moray and Chinchero B,L,D

Today we travel to the high Andes and the colorful local market of Chinchero where the traditionally dressed campesinos come to barter and sell their woven goods, wall hangings, rugs, pottery and produce. We’ll visit a weaving cooperative where native women demonstrate the process of dyeing alpaca and llama wool using natural and organic vegetables and minerals as the Quechuas did hundreds of years ago. We will also explore the ancient city of Chinchero which was occupied by the Wari culture well before the Inca’s. Observe the remains of shrines and rock sculptures of puma’s and the wall with large trapezoidal niches big enough to stand up inside of them.

After a picnic lunch, we visit the Earth Temple of Moray, a mysterious Inca site off the usual tourist trail. Circular concentric terracing, which looks like a huge amphitheater forms a huge bowl. Stone stairs built into the terrace walls allowed the locals to go down into the center and the energy here will move us back into our own heart center. Close by are the ancient salt mines of Maras which we will see before we return to the hotel for dinner. Taypikala Valle Sagrado

Day 4: Monday May 11 Sacred Valley, train to Aguas Calientes and overnight B,L,D

Enjoy a relaxing morning and personal time to enjoy the hotel grounds, pool, do some journaling or have a massage. Late morning Quero Elders will visit us and offer a Despacho ceremony to prepare us for our visit to Machu Picchu the next day. After lunch we will transfer to the Ollanta Station to board the Vistadome train to Aguas Calientes, the nearest town to Machu Picchu. Following a scenic journey through dramatic Andean landscapes, arrive at the station and check into our hotel. After dinner Romulo will escort us and explore the small town of Aguas Calientes alive with music and small shops.

***Luggage:** Pack a small overnight bag, weighing no more than 11 lbs. due to luggage restrictions aboard the train to Machu Picchu. Leave the remainder of your luggage in your room at Taypikala Hotel

Overnight: [Casa Andina Machu Picchu Hotel](#)

Day 5: Tuesday May 12 Machu Picchu / train to Sacred Valley B,L,D

Today is the highlight of our sacred journey as Romulo will introduce us to Machu Picchu. After an early breakfast we board the bus which takes us up the mountain to the Crystal City in the Clouds, Machu Picchu. We will visit the main power spots and temples of the Sacred Crystal City; the Main Altar, Temple of the Three Windows, the Intiwatana / Hitching Post of the Sun, Sacred Sun Temple, the Pachamama Stone and Death Stone as Machu Picchu shares some of her secrets with us. We will enjoy a delicious lunch at the Sanctuary Lodge and then have the afternoon to wander and explore Machu Picchu on your own or with Romulo. After the Magic Machu Picchu has shared with us, we take the bus down the mountain and board the train back to the Sacred Valley. Taypikala Valle Sagrado Hotel.

Day 6: Wednesday May 13 Sacred Valley / Cusco B,L,D

This morning we depart for Cusco and stop at Urco, an ancient circular building constructed as a solar observatory with windows marking the winter solstice. Here we see the symbol of the Chakana, the Andean Cross in the stonework. We will spend some time here and Romulo will offer a ceremony of “Invocation” to the 3 coca leaves representing Munay-Love, Work-Llamakay and Wisdom-Yachay. Arriving in Cusco we have lunch and then a walking tour. We will visit the Korichanca, the centerpiece of a vast astronomical observatory primarily dedicated to Viracocha, the creator god, and Inti,

the Sun god. Magnificent stonework shrines honors the Moon, Venus, the Pleiades and various weather deities. Evening group discussion time to share our experiences of the past few days. Overnight: [Los Portales Hotel Cusco](#)

Day 7: Thursday May 14 Cusco B,L

Today is a full day tour of the main Incan sacred sites around Cusco. We will visit Q'enqo filled with intricate carvings of entities and winding underground passageways. At Tambo Machay we connect with the sacred water element, Uma. After a picnic lunch we visit the huge ceremonial center of Sacsayhuaman marked by the huge stone paw of the Puma and the Temple of Lightening. We explore this amazing site with Romulo and then wander on our own and feel the energy of this sacred place. Enjoy inner on your own at one of the many restaurants near the main plaza. Los Portales Hotel

Day 8: Friday May 15 Cusco B,L,D

Today we visit a very special and magical place, the water temple of Tipon for our closing ceremony. We will imagine the water flowing through our veins and into our heart, moving us forward to continue this flow in our own life. In this quiet peaceful energy, Romulo will share a water ceremony to close the spiritual portal of our journey with a blessing to everyone in the group. The afternoon is yours to explore more of Cusco, shop, or relax on the Plaza de Armas and do some people watching. Farewell Dinner at Tunupa Restaurant and music show. Los Portales Hotel

Day 9: Saturday May 16 Cusco / Lima B

Enjoy your final morning in Cusco, sleep in or spend more time exploring this fascinating city. Enjoy lunch on your own before our late afternoon transfer to the airport for our flight to Lima. Several airlines offer evening departures from Lima at 10:10 pm or later arriving USA the morning of May 17. You may choose to overnight in Lima for a morning flight home on May 17 (additional cost).

Tour Cost PP: \$3,692.00 paid by check

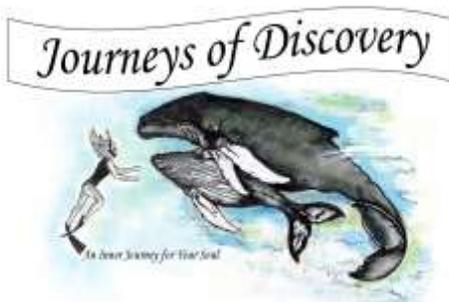
Based on a minimum of 10 guests in double room Private room Single Supplement: \$495.00

Price Includes:

- Domestic RT flights Lima-Cuzco
- Group Transfers arrival and departure
- Shaman Peruvian guide Romulo Lizarraga Valencia and private ceremonies
- All land transportation in modern private bus with driver
- 8 night's accommodation in double rooms at suggested hotels or similar
- Meals as noted in the tour itinerary
- Train tickets via Expedition and Vistadome train service to Machu Picchu
- Excursions and archeological site entrance fees as detailed in the program
- Group discussion time facilitated by Jenniffer Weigel

Not included:

- International airfare to Lima, Peru.
- Airport taxes if applicable
- Personal expenses such as laundry, phone calls, room service etc.
- Alcoholic and non-alcoholic beverages with meals.
- Tips for guides and drivers
- Trip cancellation / emergency medical travel insurance



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