

## **PERU “A Transormational Journey – stimulate the mind, invigorate the spirit” - INCLUSIONS AND FAQ’S:**

### **What is included?**

- \* 15 nights accommodation in small personable hotels all with private **facilities**
- \*Taxes and gratuities for all hotels
- \*Baggage handling and transportation by private vehicle, train and local taxis when required
- \*Spiritual Archeologist Guide – Willaru Huayta
- \* Shaman Medicine Woman – Wilma and Medicine Man – Wilson
- \* All Despacho ceremonies
- \*Breakfast daily
- \* Welcome and Farewell dinner
- \* Entrance Fees into ancient sites and tourist sites

### **What is not included?**

- \*Airfares and taxes
- \* Meals not noted above
- \*Insurance (compulsory...please talk to a lifestyle journeys representative re the optional
- \*Tour guide Gratuities for local Peruvian Guides

**What mode of transport is provided?** We will be travelling by private car/coach depending on numbers for the majority of the itinerary. From Olyantaytambo we will take the train through to Agues Calientes. the village we stay at when visiting Machu Picchu.

**Minimum number of passengers required for the tour to go ahead: 6**

**Maximum number of passengers we take on this transformational journey through the land of the Incas : 15**

### **What should I allow for a daily budget to cover the additional expenses?**

There is a selection of meals that you will need to cater for. Please see the meals included above. We would recommend a budget of USD 60.00 per day, which will cover meals and any incidentals such as a glass of wine, or a massage.

### **What is a typical day like?**

This will vary depending on where we are. We cover such a wide variety of terrain from the city of Lima at sea level to arriving in Cusco at 3400m above sea level. Each day consists either of Willaru, our Spiritual Archeologist guide sharing and passing on teachings from his many years of study and attendance at the mystery school in Cusco, or Shamanic teachings being shared by our medicine woman and man, Wilma and Wilson. We visit ancient sites where there is the opportunity to practice meditation. Lunch and dinner is always a highlight where we experience the local cuisine and let’s not forget to mention that every day there is an

opportunity to shop at local markets, which everyone just loves! One of the first things Willaru teaches us is to go with the flow, so if it means part of the itinerary changes then so be it. It is always for the better and provides an element of trust that we have your highest good at heart from the moment the tour begins.

**Is tipping compulsory or optional and if so what is the recommended amount to tip?**

It is not compulsory however we highly recommend you budget approximately 5.00 USD per day as a tip for the guides of which there are three. This work is seasonal and they do rely on the tips as part of their overall earning capacity. Our guides are so wonderful you will be very happy to reward them and support them in this way we are sure.

**Can a single Traveller be matched with a travelling companion?**

We will endeavour to match those tour participants who wish to share a room however this is subject to availability. If there is no match possible the single supplement will need to be collected.

**What standard of accommodation can we expect?**

We stay in a variety of small privately owned hotels where some of them have a very colourful history such as they may have once been a monastery or similar. They are very clean and comfortable with a whole lot of character. The accommodation is certainly a highlight with all of our tour participants. Graded as three star, all have private facilities and are well located in the towns we stay in.

**What meals are included?**

Breakfast is included daily at the hotels we stay at. These vary from hotel to hotel ranging from a basic continental breakfast to a fully cooked buffet style option. Lunch and Dinner is at your own expense.

The cost of food is fairly economical in Peru with a wide range of menus to choose from. You can dine Peruvian style with the menu of the day at a restaurant which includes three courses for great value..approximately 10.00 USD(or less) or you can have a la carte where you can have a traditional bowl of hearty bean soup, one of their famous oven pizzas or choose from a full menu selection equivalent to dining back in your home country.

Over the past few years the level of food provided has increased immensely whereby they have introduced a lot more options suitable for the western palate. We also have the option of purchasing the likes of a fresh loaf of bread, salad, cheese items etc from the local fresh food markets in certain towns. Overall great value for money. A recommended daily budget would be USD 40.00 – 60.00 depending on the standard of restaurant you dine at. There are some

amazing top quality restaurants to dine at where the pricing is extremely reasonable compared to the same standard back in Australia and New Zealand.

**What will the weather be like?**

The dry season is from April – October with an average temperature of 30-35 Celsius. Due to the terrain this will vary though. You can expect cool mornings and evenings and dry sunny days. It will be more humid in the jungle areas such as Machu Picchu.

**What is the recommended Fitness Level Required?**

A moderate to above moderate fitness level is suitable mainly due to the areas of high altitude that we travel to. There is quite a bit of walking done at each of the ancient sites visited as well as having the option to climb Waynu Picchu while at Machu Picchu. We suggest your pre tour preparation includes hill walking so as you are prepared and assisted with acclimatising to the altitude.

**What sort of spiritual preparation is required for this Transformational journey through the land of the Incas?**

We suggest you establish or strengthen your daily meditation practice leading up to the journey. In your prayers you might ask the spirits of the Andean mountains and the Ancient ones to prepare a place for you, to help you connect even before you come. Most important is to be open to the new teachings, embracing and honouring this pilgrimage as very precious time you have given your soul for greater learning and remembering.

You may want to emphasize a higher proportion of vegetables and lighter eating to help you physically clear your system during these weeks. Set your intention with your higher self as to what you wish to achieve out of the pilgrimage for both spiritual and personal growth.

**What is the average age of a tour participant?** The tour is open to all ages however the average age varies between 35 – 60 years of age.

**Pre and Post Tour Arrangements:** Lifestyle Journeys would be very happy to make recommendations and assist regarding your pre and post travel opportunities. We can guide you with our own personal and professional experience.

**What do you need to pack?**

This information is provided in the downloadable PDF information on the site.