

The Hearts Center Pilgrimage to Peru

Tour Packages:

- **Package #1: December 14-22: Trip to Machu Picchu, Sacred Valley and main tour to Lake Titicaca (9 days/8 nights)**
- **Package #2: December 17-22: Main tour to Lake Titicaca (6 days/8 nights, the 18th and 19th being altitude acclimation days)**
- **Optional One Day/One Night Extension: December 22-23: Trip to Isla Taquile (1 day/1 night)**

In this itinerary, all times are approximate and subject to change, based upon flight, tour, availability and other situations beyond our control.

Package #1(December 14-22)

Days 1-6: Lima, Sacred Valley and Machu Picchu

Day 1 is a travel day from traveler's home city to Lima. Day 2 through 5 is spent in the Sacred Valley at sacred sites on the way to and in Machu Picchu. Day 6 is spent traveling to Lake Titicaca to connect with the main tour.

The following itinerary allows for acclimation to high altitude as well as 2 days in Aguas Calientes/Machu Picchu. (Aguas Calientes is the town at the base of Machu Picchu.) It also allows ample time for spiritual practice at the energetic and sacred spots in the Sacred Valley and Machu Picchu areas.

Because of the distance between locations and the transportation systems within Peru, travel time has been built into this itinerary:

- **Day 1:** a travel day from the traveler's home location to Lima
- **Day 2:** a 2-hour flight to Cusco with a short tour of Historical Cusco
- **Day 3:** a bus ride through the Sacred Valley via Pisac and Ollantaytambo and a 2.5-hour train ride to Aguas Calientes at the base of Machu Picchu

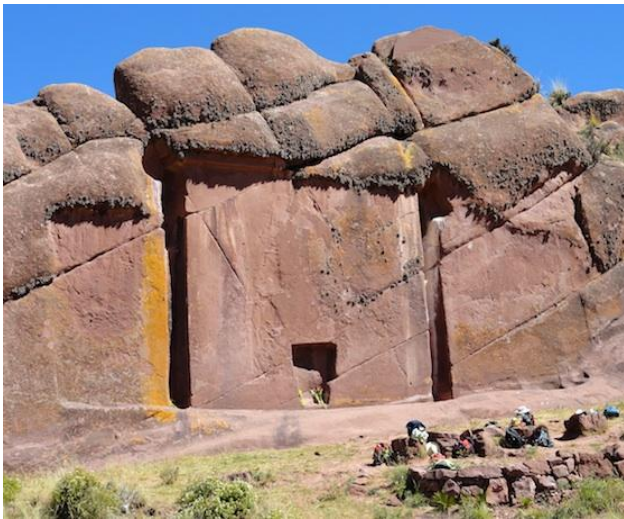


- **Day 4:** a 30-minute bus ride up to and down from Machu Picchu
- **Day 5:** a 30-minute bus ride up to and down from Machu Picchu, sunrise service and all morning in Machu Picchu with 5 hours of train and bus travel from Aguas Calientes/Machu Picchu to Ollantaytambo and Cusco
- **Day 6:** a travel day from Cusco to Lake Titicaca. A 2-hour morning flight will take us from Cusco to Juliaca, near Puno on Lake Titicaca and the Taypikala Hotel on the shore of Lake Titicaca in order to have the remainder of the day to acclimate.

Days 7–9: Lake Titicaca Region

Day 7 through 9 will be spent in the Lake Titicaca Region at sacred sites near the lake, allowing time for acclimation to high altitudes (higher than Cusco) and ample time for spiritual practice at the energetic and sacred spots in the Lake Titicaca Region.

Because of the distance between locations and transportation systems within Peru, there is travel time built into this itinerary.



- **Day 7:** Hearts Center prayer session held in our hotel
- **Day 8:** Bus ride to Puno dock, boat ride to Uros Islands, and bus ride to Inter-dimensional Gateway for a sacred ceremony
- **Day 9:** Conclusion of the main portion of the journey with a late afternoon flight back to Lima to connect with travelers' international flights.

If travelers are continuing on with the optional one-day extension to Isla Taquile, they will remain in the Lake Titicaca Region for 1

additional day.

Package #1: 9 day/ 8 night tour in Sacred Valley, Machu Picchu and Lake Titicaca price includes:

- All items listed in the itinerary, including accommodation at 3+ star hotels
- Daily breakfast buffet and 9 additional meals (6 Dinners and 3 Lunches)
- One transfer in/out to/from airport for entire group, all transported at the same time
- Private transportation by bus during the excursions
- Round-trip train to Machu Picchu
- Two-day entrance fees to Machu Picchu and bus trip to the top and back down

- Other entrance fees to other archaeological sites
- Specialized guides
- Ceremonies as requested

Land-only price does NOT Include:

- Items not mentioned in the itinerary
- Extra to/from transportation between airport and hotel
- Lunches or dinners, not listed above
- Airline tickets (international and national)
- Airport departure tax and travel insurance
- Personal items, personal tips, extras (i.e. laundry, internet)

Package #2 (December 17–22)
Days 1–6: Lake Titicaca Region

Day 1 is a travel day from traveler's home city to Lima. Day 2 through 6 will be spent in the Lake Titicaca Region at sacred sites near the lake.

This itinerary allows for acclimation to high altitude (higher than Cusco) and ample time for spiritual practice at the energetic and sacred spots in the Lake Titicaca Region.

Because of the distance between locations and the transportation systems within Peru, there is travel time built into this itinerary:

- **Day 1:** a travel day from the traveler's home location to Lima
- **Day 2:** a travel day from Lima to Lake Titicaca. (The group not attending the Machu Picchu package, will fly from Lima to Juliaca - near Puno on Lake Titicaca - in the morning in order to have the remainder of the day to acclimate at the Taypikala Hotel on the shore of Lake Titicaca.)



- **Day 3:** Acclimation day for those just arriving in Peru. (It is a travel day for those who attended the pre-trip to Machu Picchu.)
- **Day 4:** Hearts Center class at our hotel
- **Day 5:** Bus ride to Puno dock, boat ride to Uros Islands, and bus ride to Interdimensional Gateway for a sacred ceremony
- **Day 6:** Conclusion of the main portion of the journey with a late afternoon flight back to Lima to connect with travelers' international flights. (If travelers are continuing on with the optional one-day extension to Isla Taquile, they will remain in the Lake Titicaca Region for an additional day.)

Package #2: 6-day/ 5-night tour in Lake Titicaca price includes:

- All items listed in the itinerary, including accommodation at 3+ star hotels
- Daily breakfast buffet and 6 additional meals (4 Dinners and 2 Lunches)
- One transfer in/out to/from airport for entire group, all transported at the same time
- Private transportation by bus or boat during the excursions
- Other entrance fees to other archaeological sites

- Specialized guides
- Ceremonies as requested

Land-only price does NOT Include:

- Items not mentioned in the itinerary
- Extra to/from transportation between airport and hotel
- Lunches or dinners, not listed above
- Airline tickets (international and national)
- Airport departure tax and travel insurance
- Personal items, personal tips, extras (i.e. laundry, internet)

Extension Option (December 22–23) Days 1–2: Lake Titicaca Region

Day 1-2 will be spent in the Lake Titicaca Region at sacred sites near the lake.

- Day 1: at Isla Taquile
- Day 2: flight to Lima to connect with international flights home.

Package #3: 2-day/1-night extension tour price includes:

- All items listed in the itinerary, including accommodation at 3+ star hotels
- Daily breakfast buffet and 2 additional meals (1 Dinner and 1 Lunch)
- One transfer to/from airport for entire group, all transported at the same time
- Private transportation by bus or boat during the excursions
- Other entrance fees to other archaeological sites
- Specialized guides
- Ceremonies as requested



Land-only price does NOT Include:

- Items not mentioned in the itinerary
- Extra transfer to/from airport or hotel
- Lunches or dinners, not listed above
- Airline tickets (international and national)
- Airport departure tax and travel insurance
- Personal items, personal tips, extras (i.e. laundry, internet)

GENERAL NOTES:

1. All participants should bring hiking poles and a daypack with rain gear, sun screen, hat, jacket, water, snacks etc for daily excursions. All breakfasts are included in lodging fees. This itinerary shows included-meals, some being picnic lunches.
2. The price for the tour includes land travel only. All international and domestic flights will be an additional price. There will be 2 or 3 domestic flights depending upon the package selected: Lima to Cusco, Cusco to Juliaca, and Juliaca to Lima. (In April 2012, the approximate price for the 3 internal flights was \$550; for 2 internal flights, -\$350.)
3. Participants should allow up to 2 extra travel days, depending upon their departure location – these are not included in the itinerary.
4. Tips included in the pilgrimage price are for group travel—i.e. bus drivers, restaurant/hotel staff during group activities, and guides. The price does not include tipping for personal services rendered by bellhops, housekeeping, etc.

NOTE: Jorge Luis Delgado is gifting each participant of Package 1 with a mesa cloth and each participant of Package 2 with a solar disk necklace. Participants may desire to invest in additional unique momentos of Peru. If interested, they can submit orders during registration with Divine Adventures to ensure availability of these momentos. Payment will be made to Divine Adventures either with registration or upon arrival in Peru.

Jorge has a rare collection of antique Peruvian textiles. These cloths were hand woven and some were used by Peruvians of long ago to create their “Mesa”—a sacred bundle that held their sacred healing tools, stones, and other special items. Shamans today use these during all their ceremonies. Jorge is offering these for \$30 each. Select one that is perfect for you and fill it during your journey through Peru.



In



addition, Jorge is offering necklaces representing the Solar Disc that can be used in an initiation to activate the Solar Disc in our own bodies. This beautiful symbolic gold plated disc is \$22.

Labyrinthina (<http://www.labyrinthina.com/maplaketiticaca.htm>) describes the Legend of the Incan/Lemurian Solar Disc:

Peru is a land steeped in ancient prophecies and wisdom that are vital for our planet during these transitional times. Life in the Incan Empire was measured by a thousand- year cosmic cycle called an *Inti*, which means “Sun.” This thousand-year cycle was then divided into halves, each of which was referred to as a *Pachakuti*.

The cosmovision of the Andean world is the conception of duality that is in permanent opposition but complementary, like the principle of ying/yang that expresses this opposition between day/night, light/dark, man/woman, earth/sky, up/down. This same principle of duality applies to each Pachakuti. However, Pachakuti also is used to refer to the transitional time that divided each Pachakuti, and this is characterized as a time of great changes.

During the five hundred years of the eighth Pachakuti, Pachacutec, the greatest spiritual leader of the Incas, ruled. This was a time of light when the Inca Empire flourished and there was expansion and good fortune.

The ninth Pachakuti, on the opposite side of the duality, brought with it the five hundred years of darkness when the Spanish invaders conquered the Inca and the Indian people lost their power.

We are now entering the tenth Pachakuti, which the local people refer to as the returning of Pachakuteq, the returning of the Light. This is the time when the etheric crystal cities of the fourth dimension such as the lost golden city of Paititi and the eternal etheric city under Lake Titikaka will again be available to us.

There is a legend that says at the time Lemuria was sinking, one of the seven Great Masters of Lemuria, Lord Aramu Meru, was given the mission to bring the sacred Golden Solar Disc from the Temple of Illumination to Lake Titikaka for safe keeping. During the time of the Incas, the Solar Disc was transferred to Cusco and placed in the Koricancha, the main temple of the Incas, where it stayed until the coming of the Spanish. At that time, it was returned to Lake Titikaka and placed in the Eternal Etheric City inside the Lake.

In the legend of their origin, this is the place from where the first Incas, Manco Kapaq and Mama Ocalla, entered the Earth. The Solar Disc was used in the capacity of a cosmic computer that received light information directly from the Universal Mind Source, Viracocha, at the center of the galaxy. By entering the Temple of Illumination and opening themselves, the Lemurians, and later the Incas could access the sacred wisdom.

It is during this time, the Age of Pachakuti, that the sacred Solar Disc is to be re-activated accessing the cosmic wisdom.

DETAILED ITINERARIES

Package #1

Sacred Valley, Machu Picchu and Lake Titicaca

Daily Itinerary, December 14-22, 2012

Day 1: Friday, December 14: Arrival in Lima

- Travel from home city to Lima
- Transport to Lima hotel near airport
- Overnight in hotel in Lima



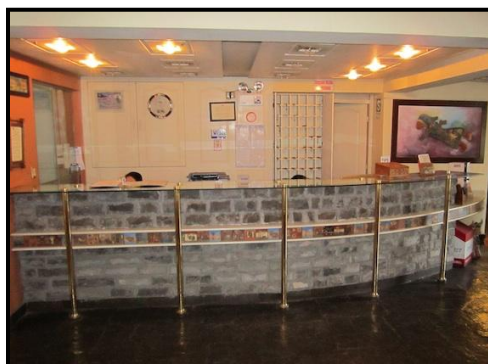
Day 2: Saturday, December 15: Flight to CUSCO

(Overnight in Cusco at the Taypikala Hotel: Breakfast, Dinner)

Note: Cusco is at an elevation of 10,500 feet and it takes time to acclimate. Take it very easy today. Rest lying down for at least 2 hours and eat lightly. This day does not include a lot of activity.

6:00-7:00 am	Breakfast at hotel in Lima
7:00 am	Depart for the Lima airport
9:00 am-1:00 pm	Flight to Cusco. (The Naval of the Universe and Center of the Incan Empire, Cusco is laid out in the shape of a Puma, the second guide of the Incas, the guardian of the middle world. The other two guides of the Incas are the serpent, the guardian of the lower world, and the condor, guardian of the upper world.)

- 11:00 am-1:30 pm Transfer to the Taypikala Hotel in Cusco. Take time to adjust to the altitude with rest and Coca tea
- 1:30-2:30 Light lunch on your own
- 2:30-5:00 Meet with our guide and take a walking tour of historic Cusco and the cathedrals in the Plaza de Aramis
- 5:00-6:30 Group meeting
- 6:30-7:30 Dinner at hotel
- 8:00-9:30 Spiritual practice



**Day 3: Sunday, December 16: PISAC and OLLANTAYTAMBO
(Overnight in Aguas Calientes at the Taypikala Hotel: Breakfast, Lunch, Dinner)**

Note: The majority of our luggage will remain at the Taypikala Hotel in Cusco we will only take with us enough for two nights.(Day 3 and 4.)

- 6:00-7:00 am Optional Sunrise Service (Sun gazing may not be possible due to the mountain peaks)
- 7:00-8:30 Sunday Service
- 8:30-9:45 Breakfast at hotel
- 9:45 Leave for Pisac. Begin our trip up the Sacred Valley along the sacred Urubamba River stopping in Pisac.



10:30 am-12:30 pm In Pisac, we will wander through the Sunday Mercado de Trequé (the locals' market) where the natives trade vegetables, herbs and potatoes for other goods like matches, oranges and medicines. This market dates back to ancient days when Peruvians in the highlands depended on trade. This is an artesian market, where you can practice haggling for Peruvian goods, such as woven blankets, silver jewelry, alpaca sweaters, musical instruments, artwork and other goods.



12:30-1:00 pm

Leave for Ollantaytambo

1:00- 2:00

Lunch

3:00-5:00

Visit the Ollantaytambo ruins - *Spiritual Practice/Service*. The Ollantaytambo ruins are the most important ruins in the valley with their agricultural, spiritual and political roots. Here we greet and talk with the spirits of the mountains (Apus) using the 'Mama Cuca' (coca leaves) to send our intentions from our inner heart center to the spiritual world. We walk along the energetic line, called Tunupa's Route, visiting the Inca power places and connecting with the third animal guide of the Incas, the great Condor.

5:00-10:00

Dinner and then train ride from Ollantaytambo to Aguas Calientes. Arrive at Aguas Calientes. Transfer and check into the Taypikala Hotel.



Day 4: Monday, December 17: AGUAS CALIENTES (MACHU PICCHU)

(Overnight at the Machu Picchu Taypikala Hotel: Breakfast, Dinner)

Note: Machu Picchu has recently been designated as one of the Seven Wonders of the World, so there are many tourists in the park (especially between 9:00 am and 1:00 pm).

7:00-7:45 am Breakfast at hotel

8:00 Leave for the bus stop

8:00-8:30 Bus ride to Machu Picchu

8:30-5:00 Day 1 at Machu Picchu: Flexible schedule with spiritual practice, tour, visit to the Seven Places of Power lunch on own, free time, hot springs, etc. Suggestion: After asking permission of the guardians of Machu Picchu—the Puma, Condor and Light of Spirits—to enter their grounds, ask them to expand your spirit with the qualities of the Father and the Mother—Munay {love}, Llancay {service}, and Yachay {wisdom}.

Intertwined with meditation and ceremonies to connect us fully to the energetic power of Machu Picchu, we visit this area where every invocation made at Machu Picchu is amplified to incalculable proportions due to the high voltage magnetic focal point of the stone complex.

5:00- 5:30 Return to hotel

6:00-7:30 Dinner at Hotel



Day 5: Tuesday, December 18: From AGUAS CALIENTES to CUSCO
(Overnight in Cusco at the Cusco Taypikala Hotel: Breakfast)

- 5:00-5:30 am Breakfast at hotel
- 5:45 Bus ride to Machu Picchu
- 6:30-9:30 Sunrise Service in Machu Picchu with spiritual practice/service.
(We return to Machu Picchu for a sunrise ceremony, merging our energies with this sacred site and deepening our understanding of the Inca mythology. We connect with the mountains of Machu Picchu and Wayna Picchu, spreading our wings and taking flight into the new light of day.)
- 9:30 am-12:30 pm Your time. (Enjoy the rest of the day following your intuition and exploring Machu Picchu at your own pace. You may desire to climb the sacred peak of Wayna Picchu, hike to the Temple of the Moon, walk to the Sun Gate or Inca Bridge or further explore the Royal Tomb, the Funerary Rock, the Sacred Plaza, the Condor Temple or the Intihuatana Stone.)
- 11:30-1:15 Lunch on your own either in Machu Picchu or Aguas Calientes
- 1:30 Leave the hotel for the train station.
Take an afternoon train back to Ollantaytambo.
From Ollantaytambo, bus back to Cusco to the Cusco Taypikala Hotel.
- 6:00 Dinner on your own in Cusco



Day 6: Wednesday, December 19: From CUSCO to PUNO

(Fly to Juliaca and overnight in Chucuito, outside Puno, at the Taypikala Hotel: Breakfast, Dinner)

Note: Since we will not be returning to Cusco, take all belongings with you to Chucuito. Chucuito is a very small, quiet town on the shore of Lake Titicaca, approximately a 20-minute taxi ride from Puno. During free time, participants may taxi into Puno or explore Chucuito or walk in the crystal gardens and labyrinth at the hotel.

Lake Titicaca is even higher than Cusco at 12,500 feet, so it will take some additional time to acclimate. The first day in Chucuito is a relaxing day allowing for acclimation.

5:00-7:00 a.m.	Breakfast at hotel and travel to Lake Titicaca. This is a travel day.
TBD	Lunch on your own at hotel or in Puno
4:00-5:30	Welcome to Lake Titicaca. Orientation to the Lake Titicaca area, Chucuito and The Hearts Center Pilgrimage
5:30-6:30	Dinner at hotel with entire Hearts Center Group
6:30-9:00	<u>Spiritual practices/service</u>



Day 7: Thursday, December 20: HEARTS CENTER CLASS in the CONFERENCE CENTER of the TAYPIKALA HOTEL

(Overnight in Chucuito at the Taypikala Hotel: Breakfast, Lunch, Dinner)

6:00-7:30	<u>Sunrise service</u> with sun gazing on the shore of Lake Titicaca
7:30-8:30	Breakfast at hotel
9:00-5:00	Hearts Center class
TBD	Lunch at hotel
6:00-7:00	Dinner at hotel



Day 8: Friday, December 21: UROS ISLANDS and INTERDIMENSIONAL GATEWAY of LORD ARAMU MURU (Ceremony of Passing the Mantle)

(Day trip with overnight in Chucuito at the Taypikala Hotel: Breakfast, Lunch, Dinner and Ceremony of the Passing of the Mantle)

- 6:00-7:00 am Optional sunrise service and sun gazing
- 7:00-7:45 Breakfast at hotel
- 8:00 Leave for Puno Harbor to catch boat to Uros. At Puno, board boat to cross Lake Titicaca to the Uros. (Lake Titicaca is the highest navigable lake in the world. The Uros Islands are islands totally constructed from reeds.)
- 9:00-11:00 Visit to Uros. (We set sail in the Uros reed boats to bask in higher frequencies and dream about our sacred purpose.)
- 11:00-12:00 pm Return to Puno or other dock near doorway
- 12:00-2:00 Bus ride to Interdimensional Gateway
Picnic Lunch along the way
- 2:00-5:00 Interdimensional Gateway of Lord Aramu Muru and Spiritual Practices/Service

 Ceremony of the Passing of the Mantle at the Doorway. (We continue our spiritual pilgrimage to Alayu Marka, the house of the ancient Spirits and Masters. After paying tribute to the Puma and walking along the Great Serpent's back, we will make our way to the Condor at the Interdimensional Gateway of Lord Aramu Muru, also known as the dimensional doorway of the Ancient Ones.

 This gateway was not known for many years until Jorge Luis Delgado saw it in a dream. He went to his elders who told him he had a sacred responsibility to re-discover this place...and so he did! After we connect with the vortex energy and venture through the portal to other dimensions and worlds, we will participate in the

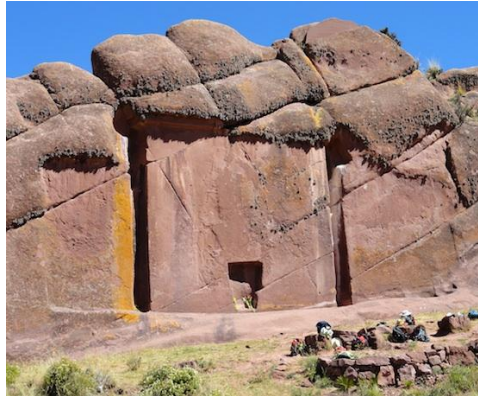
ceremony of the mantle being passed from the God and Goddess Meru to Lanello and Clare de Lis.

5:00-6:00

Return to hotel

6:30-9:00

Celebratory dinner and spiritual practices/services at hotel



Day 9: Saturday, December 22: PUNO to LIMA to HOME

(End of tour for those not continuing on one-day extension. Breakfast)

Note: Most flights will leave Juliaca in mid-afternoon to connect with international flights from Lima in the late evening. Most participants will arrive home the next day on December 23.)

6:00-8:00 am

Optional sunrise service and sun gazing

8:00-9:00

Breakfast at hotel

9:00-11:30

Spiritual practices/services at the hotel

11:30 am-2:00 pm

Free time and lunch on your own

2:00

Transfer to the airport in Juliaca, fly to Lima, connect with international flights or free time if staying on for the one-day extension

Package #2

Main Tour to Lake Titicaca
Detailed Daily Itinerary, December 17-22

Day 1: Monday, December 17: ARRIVE in LIMA

(Overnight in Lima at hotel near the airport.)

- Travel from home city and arrive late at night in Lima
- Transport to hotel near airport to sleep before catching flight to Juliaca (Lake Titicaca)

Day 2: Tuesday, December 18: LIMA to PUNO (Lake Titicaca)

(Fly to Juliaca and overnight in Chucuito, outside Puno, at the Taypikala Hotel: Breakfast, Dinner)

Note: Chucuito is a very small, quiet town on the shore of Lake Titicaca, approximately a 20-minute taxi ride from Puno. During free time, participants may taxi into Puno or explore Chucuito or walk in the crystal gardens and labyrinth at the hotel.

Lake Titicaca is at 12,500 feet, so it will take some additional time to acclimate. The first 2 days in Chucuito are relaxing days allowing for acclimation.

6:00 am-5:00 pm Breakfast at hotel and travel to Lake Titicaca

This is a travel day.

TBD Lunch on your own and then REST!

5:30-6:30 Dinner at hotel

6:30-9:00 Spiritual practices/service



Day 3: Wednesday, December 19: CHUCUITO on LAKE TITICACA

(Rest all day in Chucuito to acclimate. Overnight in Chucuito, outside Puno, at the Taypikala Hotel: Breakfast, Dinner)

6:00-7:30 am	Optional sun gazing
7:30-9:00	Breakfast at hotel.
9:30-12:00 pm	Optional <i>Spiritual Practice/Service</i>
12:00-4:00	Lunch and afternoon on your own
4:00-5:30	Welcome to Lake Titicaca Orientation to the Lake Titicaca area, Chucuito and The Hearts Center Pilgrimage
5:30-6:30	Dinner at hotel with entire Hearts Center Group
6:30-9:00	<u><i>Spiritual practices/service</i></u>



Day 4: Thursday, December 20: Hearts Center class in the conference center of the Taypikala Hotel

(Overnight in Chucuito at the Taypikala Hotel: Breakfast, Lunch, Dinner)

6:00-7:30	<u><i>Sunrise service</i></u> with sun gazing on the shore of Lake Titicaca
7:30-8:30	Breakfast at hotel
9:00-5:00	Hearts Center class
TBD	Lunch in hotel
6:00-7:00	Dinner at hotel



Day 5: Friday, December 21: UROS ISLANDS and INTERDIMENSIONAL GATEWAY of LORD ARAMU MURU (Ceremony of Passing the Mantle)

(Day trip with overnight in Chucuito at the Taypikala Hotel: Breakfast, Lunch, Dinner and Ceremony of the Passing of the Mantle)

- 6:00-7:00 am Optional sunrise service and sun gazing
- 7:00-7:45 Breakfast at hotel
- 8:00 Leave for Puno Harbor to catch boat to Uros. At Puno, board boat to cross Lake Titicaca to the Uros. (Lake Titicaca is the highest navigable lake in the world. The Uros Islands are islands totally constructed from reeds.)
- 9:00-11:00 Visit to Uros. (We set sail in the Uros reed boats to bask in higher frequencies and dream about our sacred purpose.)
- 11:00-12:00 pm Return to Puno or other dock near doorway
- 12:00-2:00 Bus ride to Interdimensional Gateway
Picnic Lunch along the way
- 2:00-5:00 Interdimensional Gateway of Lord Aramu Muru and Spiritual Practices/Service
- Ceremony of the Passing of the Mantle at the Doorway. (We continue our spiritual pilgrimage to Alayu Marka, the house of the ancient Spirits and Masters. After paying tribute to the Puma and walking along the Great Serpent's back, we will make our way to the Condor at the Interdimensional Gateway of Lord Aramu Muru, also known as the dimensional doorway of the Ancient Ones.
- This gateway was not known for many years until Jorge Luis Delgado saw it in a dream. He went to his elders who told him he had a sacred responsibility to re-discover this place...and so he did! After we connect with the vortex energy and venture through the portal to other dimensions and worlds, we will participate in the

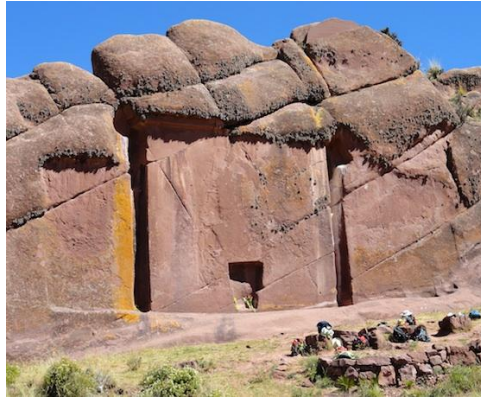
ceremony of the *mantle being passed from the God and Goddess Meru to Lanello and Clare de Lis.*

5:00-6:00

Return to hotel

6:30-9:00

Celebratory dinner and spiritual practices/services at hotel



Day 6: Saturday, December 22: PUNO to LIMA to HOME

End of tour for those not continuing on one-day extension. Breakfast)

Note: Most flights will leave Juliaca in mid-afternoon to connect with international flights from Lima in the late evening. Most participants will arrive home the next day on December 23.)

6:00-8:00 am

Optional sunrise service and sun gazing

8:00-9:00

Breakfast at hotel

9:00-11:30

Spiritual practices/services at the hotel

11:30 am-2:00 pm

Free time and lunch on your own

2:00

Transfer to the airport in Juliaca, fly to Lima, connect with international flights or free time if staying on for the one-day extension



Optional One-Day/One-Night Extension

Lake Titicaca

Detailed Daily Itinerary, December 22-23

Day 1: Saturday, December 22: ISLAND OF TAQUILE

(Overnight in Chucuito at the Taypikala Hotel: Breakfast, Lunch, Dinner)

6:30-7:15 am Breakfast at hotel

7:30 Leave for Puno Harbor. Board boat to Island of Taquile. (We go to Puno and board our boat to cross Lake Titicaca, the highest navigable lake in the world, to the Island of Taquile.)

10:00 am-4:00 pm Explore the Island of Taquile, the place of the Retreat of the Solar Disc. We will hike up to an island ruin or down to the beach for spiritual practice/service.

Taquile is known for its several Inca ruins as well as its unique lifestyle. The natives of Taquile run their society based on community collectivism and on the Inca moral code of *ama sua*, *ama llulla*, and *ama qhilla* (Quechua for, "Do not steal, do not lie, do not be lazy.") Every islander shares the responsibilities and the rewards. For most of the residents, spinning yarn and weaving intricate patterns thousands of years old are as important to everyday life as farming and cooking, with most of the knitting being done by the men!

1:00-2:00 Lunch with Islanders

3:00-5:30 Farewell. (We bid farewell to our humble hosts and continue on our boat ride to Puno and the Taypikala Hotel.)

5:30-6:30 Dinner at hotel or in Puno

6:30-7:30 Optional Spiritual practice/service at the hotel.



Day 2: Sunday, December 23: PUNO to LIMA to HOME (End of tour for those not continuing on the one-day extension: Breakfast)

Note: Most flights will leave Juliaca in mid-afternoon to connect with international flights from Lima in the late evening. Most participants will arrive home the next day on December 24.)

- 6:00-8:00 am Optional sunrise service and sun gazing
8:00-9:00 Breakfast at hotel
9:00-11:30 Spiritual practices/services at the hotel
11:30 am-2:00 pm Free time and lunch on you own
2:00 Transfer to the airport in Juliaca, fly to Lima, connect with international flights

