

I-ADVENTURES ULTIMATE FOODIE TOUR OF PERU Draft Itinerary

March 30 to April 9, 2022

With the Andes mountains, cold oceans, and tropical location, Perú is home to 70% of the planet's biodiversity. This, along with a large indigenous population and influences from Spanish, Chinese and Japanese migrations, has created a unique cuisine that has developed a worldwide reputation. By rediscovering and utilizing traditional foods, some of the top chefs in the world with restaurants in Lima and elsewhere, are increasing the prosperity of under-resourced traditional communities and providing farmers with alternatives to growing coca for the drug trade.

Here is a list of 13 films you might want to see prior to going to Peru...or at least some of them. <https://theculturetrip.com/south-america/peru/articles/13-films-you-must-see-before-visiting-peru/>

LIMA

Wed. March 30 (your flight might leave US on March 29)

Make sure that we have your flight details and update us if anything changes. i-SUSTAIN will arrange to have you picked up at the airport in Lima and driven to the hotel.

Check into our hotel, Belmond Miraflores Park. Lima is home to handsomely landscaped parks and sweeping ocean views. There are also less obvious but ultimately more compelling attractions: a rich pre-Columbian heritage, ethnic diversity, an emerging art and fashion scenes, and remarkably great food. Lima's transformation into a culinary powerhouse, which started more than a decade ago, was propelled forward in recent years by a group of talented and enterprising chefs. Their creativity, inspired by the seemingly endless variety of native ingredients, has brought fame not only to their individual restaurants, but also to the entire city.

Thurs. March 31

For the entire trip, we'll always have breakfast in the hotel.

10:00 am to 1:00 pm: Leave hotel lobby for waterfront bike tour. On bikes, we will visit farmers markets, art parks, enjoy street art and more.

1:00 pm to 4:00 pm: Paragliding flights over the ocean and the city in Miraflores where each person will be flying with their own pilot. We'll have a catered picnic lunch at the park where the paragliding happens.

6:30 pm: Leave the hotel. 1/2 the group goes to Central and 1/2 the group goes to Astrid & Gastón. The groups will switch restaurants later in the week.

Central, one of the top five restaurants on the world, presents a culinary journey through eleven Peruvian ecosystems. A must see: Chef's Table Netflix: <https://www.netflix.com/watch/80075164?source=imdb>

Astrid & Gastón is a Michelin 3-star restaurant with the menu concept, "Memorias de mi tierra" (Memories of my Land). The restaurant is in a beautiful 300-year-old house in the center of San Isidro district. It epitomizes Gastón Acurio and Astrid Gutsche's dream of sharing their contemporary take on Peruvian cuisine with the entire world.

NY Times article on Gastón Acurio's Bodegón: <https://www.nytimes.com/2018/02/03/travel/el-bodegon-lima-gaston-acurio-restaurant-review.htm>

Fri. April 1 - Lima

10:00 am: Leave hotel in our bus for the Lugar de la Memoria, la Tolerancia y la Inclusión Social (LUM), a museum.

10:30 am to 12:00 pm: At the LUM, we will learn on a private tour about the contemporary social conflicts during the 1980s and 1990s that triggered a national effort for social mobility that utilized Peruvian cuisine, promotion of biodiversity and species preservation, as well as tradition as tools for development.

12:30 pm to 2:00 pm: Lunch at the highly esteemed Nekkei restaurant, Costanera 700. The best of Peru's Nikkei (Japanese-Peruvian fusion) is evident here. A wide selection of seafood dishes combine Peru's love of exquisite cooking with the flavors of Japan, China, and Southeast Asia. To learn more about Nikkei: <https://www.foodandwine.com/chefs/nikkei-peruvian-japanese-food>

2:00 pm to 4:00 pm: Leisurely walk through the streets of Barranco, one of the city's hippest neighborhoods, with colorful street art, tucked away bars and coffee shops, vibrant old mansions and summer houses, beautiful museums, delicious food, and plenty of bohemian vibes.

While here, we will visit contemporary art galleries and enjoy the many murals and street art. We will visit a chocolate shop with the largest selection of organic chocolates in the city and learn how growing and exporting sustainable and fair-trade cocoa has been replacing the illegal drug trade.

Relax with an evening on your own. If you want to stay in, the hotel has excellent restaurants and a bar that also serves food.

Sat. April 2 - Lima

9:00 am: Leave the hotel to take the bus to the historic core of Lima, a UNESCO World Heritage site.

10:00 am to 11:30 am: Architectural walking tour of downtown Lima, which has a vibrant street life and a variety of building styles including Baroque, Renaissance, Belle Epoque and Modern.

11:30 am to 1:00 pm: Lunch at Restaurante Bar Cordano. Since it opened in 1905, Lima's bar-restaurant Cordano has served pisco sours and butifarra sandwiches to almost every Peruvian president in modern history. <https://www.vice.com/en/article/vvqje9/inside-the-bar-where-peruvian-presidents-go-to-drink>

1:30 pm to 3:00 pm: Tour of the Catacombs of Lima under the San Francisco de Asís Convent. Built in 1535, the Convent of San Francisco is a must-see for its beautiful Baroque-style architecture and all that it hides. The catacombs are the largest in the entire continent and also the best preserved. **When walking through its passages and galleries, it draws attention to the enormous wells up to 30 feet deep filled with bones and human skulls whose purpose was to preserve the old building from the impact of earthquakes.** (Taking reuse as in Reduce, Reuse, Recycle to a new level.)

3:00 pm to 4:00 pm: Afternoon piscos in the bar at the famous Gran Hotel Bolivar. Back in its heyday, the Gran Hotel Bolivar was the place to be in Lima. Built by government request on state property and designed by Peruvian architect Rafael Marquina, its initial raison d'être was to serve as a sophisticated base for visiting politicians. Charles de Gaulle, Richard Nixon, Robert Kennedy, and Emperor Akihito were all guests at the Bolivar, which is located on the regal Plaza San Martin.

5:00 pm: Back at the hotel to get ready for dinner.

6:30 pm: Leave the hotel. 1/2 the group goes to Central and 1/2 the group goes to Astrid & Gastón. Central, one of the top five restaurants on the world presents a culinary journey through eleven Peruvian ecosystems. A must see: Chef's Table Netflix: <https://www.netflix.com/watch/80075164?source=imdb>

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NY Times article on Gastón Acurio's Bodegón: <https://www.nytimes.com/2018/02/03/travel/el-bodegon-lima-gaston-acurio-restaurant-review.html>

Sun. April 3 - Lima/Amazon

8:25 am: Leave the hotel to go to the airport

11:25 am: Flight from Lima to Puerto Maldonado. (LATAM LA2262)

RESERVA de TAMBOPATA, AMAZONIA

*Please read this guide to staying in the Amazon including recommended shots, clothes, etc.
https://www.inkaterra.com/User_Guides/IT_UserGuide_Tambopata_ING.pdf*

Sun. April 3 (Cont) to Wed. April 6 - Amazon, Reserva de Tambopata

1:05 pm: Arrive in Puerto Maldonado.

Upon arrival - Take a two-hour bus and boat ride from Puerto Maldonado to the Refugio Amazonas Lodge. Located in a 200-hectare private reserve within the buffer zone of the Tambopata National Reserve, Refugio Amazonas is a secluded, 32-bedroom jungle lodge owned and operated by Rainforest Expeditions.

The Tambopata Nature Reserve is a massive tract of humid subtropical rainforest. The Peruvian government prohibited hunting and logging in the area in 1977 and created the Tambopata-Candamo Reserve Zone in 1990.

The reserve was founded to help ensure animals had a way to move between all the protected areas in the region. When the protected areas are taken together, this is one of the world's largest tracts of protected tropical forest. Nearly one-third the size of Costa Rica, Tambopata has more species of birds (595) and butterflies (more than 1,200) than any place of similar size on earth. This region has the highest concentration of clay licks in the entire Amazon rainforest. Many different animals visit these areas to obtain salts and medicine to help neutralize toxins found in different seeds and unripe fruits.

Tambopata is the home of the Ese Eja People, an indigenous nation. There are three Ese Eja native communities around the Tambopata National Reserve: Infierno (about 200 families), Palma Real (about 50 families), and Sonene (about 20 families). Rainforest Expeditions has collaborated with the Ese Eja community in Infierno for over two decades, working on nature and heritage preservation projects together, and jointly running one of the lodges. Traditionally, the Ese Eja are hunters, fishermen, and farmers, although many families now have commercial or tourism connections as well. Today, tourism and brazil nut gathering (a sustainable type of food production) are the two principal economic activities within the Tambopata National Reserve. In the areas around the reserve, farming tropical foods like papaya, pineapple, and cacao is more common.

Wed. April 6 - Amazon/Cusco

After breakfast - Leave Refugio Amazonias by boat.

1:25 pm: Fly from Puerto Maldonado to Cusco. (LATAM LA2321)

ANDES

Wed. April 6 (Con't) - Cusco

2:15 pm: Arrive Cusco and check into Palacio del Inka. Considered a historic landmark, Palacio del Inka is a five-centuries-old mansion located in the heart of the ancient city. Rest, relax and drink many cups of coca tea in the afternoon. The old cliché, “It’s not the heat, it’s the humidity,” translates differently in Cusco, where a more apt saying would be: “It’s not the winding streets, steep staircases or sharp inclines, it’s the altitude.” Oxygen is precious when you’re above 11,000 feet, and its lack gives new meaning to the word breathtaking, which you’ll frequently find yourself using to describe the city.

6:30 pm: Leave the hotel for a tapas dinner at Cicciolina.

Thurs. April 7 - Cusco

9:00 am to 10:30 am: Architecture tour of the gems of Cusco. End at San Pedro Market.

A good article to read: <https://www.khanacademy.org/humanities/ap-art-history/indigenous-americas-apah/south-america-apah/a/city-of-cusco>

10:30 am to 12:00 pm: Chef led tour of San Pedro Market. San Pedro market is the city’s main food market. Designed in 1925 by Gustave Eiffel, it is the oldest market in the city.

At San Pedro Market, we will experience an authentic slice of everyday life. In addition to fresh fruits, juices and other more familiar foods, there will be lots you may not have seen at your local Metropolitan Market — pig heads for chicharrones (deep-fried pork), sheep heads for caldo de cabeza (sheep head soup), frog juice to boost the intelligence, huanarpo root (natural viagra) and black beer juice to enhance sexual performance.

12:30 pm to 2:30 pm: With the guidance of our own chef, we will cook the food that we have purchased at the market.

3:45 pm to 5:30 pm: Leave the hotel for a short drive (or you can walk there) to hike the Incan ruins of Sacsayhuaman. The walls of the old fortress are stunning, made up of heavy stones, some of which weigh 125 tons. How the Incas got those stones up on that hill is a mystery, but what’s truly mind-blowing is the precision of the stonework: No mortar was used, and the stones fit together as perfectly as a puzzle.

6:00 pm to 7:15 pm: Afternoon drinks and a casual dinner at SanCris Restobar Mirador.

7:30 pm to 9:00 pm: Private program of stargazing at the Cusco Planetarium adjacent to Sacsayhuaman.

Friday April 8 - Cusco, Moray, Maras and Ollantaytambo

Morning and lunch: On your own to explore Cusco

1:00 pm: Leave Cusco for an amazing day exploring the Sacred Valley.

Hike from the Salt Mines of Maras to the Moray Archeological Park. The full hike is approx. 4 miles, or the van can take you part of the way.

Even before the Inca, people here found a way to turn water into salt by guiding a mineral-rich stream into shallow evaporation pools. Each salinera is family owned, all still in operation, handed down through the generations. These feed over 6,000 salt ponds in total, which seem to go on forever.

Moray was an important site used for agricultural experimentation purposes during Inca times. In a large bowl-like depression lie a series of concentric terraces looking similar to an ancient Greek amphitheater. Some descend to a depth of approximately 450 feet leading to a circular bottom so well drained that it never completely floods. The Incas chose this location to experiment with different crops and the subtly differing microclimate that these terraces create.

4:00 pm: Drive to Ollantaytambo

Ollantaytambo is an original Inca village set below ancient ruins, retaining the stonework, narrow streets and family courtyards of pre-Columbian times. It has been an agricultural area since pre-Inca times and has been consistently occupied and unchanged since the days of the Inca. Farming continues to be the main source of income for a large majority of the area's population. The area has amazing terraced fields, water canals and granaries that were built over 500 years ago and are still being used.

Check into the hotel, El Albergue Ollantaytambo

Owned by Seattle artist Wendy Weeks and her family, El Albergue is a farm hotel located right at the quaint train station to Machu Picchu.

<https://ecocult.com/this-sustainable-boutique-hotel-with-an-incan-farm-was-the-perfect-launchpad-for-machu-picchu/>

7:00 pm: A special last night dinner.

Saturday April 9 - Ollantaytambo to Cusco, Machu Picchu or wherever your heart takes you

12:00 to 2:00 pm: Our last meal together will be a pachamanca lunch of local flavors prepared Peruvian style. Vegetables and meats are buried together and cooked with heated rocks. Herbs are piled on top, and when it is unearthed, the result is astonishing and delicious.

i-SUSTAIN will arrange and pay for transportation for those going to Cusco. Flights from Cusco to Lima have been purchased and are included in your trip fee.

IMPORTANT STUFF

Included in Your Fee

- Pick-up at the Lima airport and transportation to the hotel.
- All accommodation and meals as indicated in the itinerary. Wine and drinks selected by i-SUSTAIN. If you want something different, please let the wait staff know that you will be paying for it yourself.
- Guides
- Transportation (air, private bus, taxis, bicycles, boat) within Peru during the program itself and at the end of the program from Ollantatambo to the airport in Cusco
- All special events, private tours, expert guests and entrance fees
- Relationships with local MDs, who are on “standby” in case of medical issues.
- Up to \$600 reimbursement for Cancel For Any Reason travel insurance
- All gratuities when we are in a group

Not Included in Your Fee

- International flights
- Payment to medical staff if needed
- Food or drinks you get on your own (the hotel should charge those to your bill)
- Evacuation beyond what is included in CFAR travel insurance
- Anything not explicitly included

Weather in April (Remember, official temperatures are taken in the shade, so it can be much warmer in the sun.

- Lima - 67° F to 75° F. Average relative humidity is 77%.
- Tambopata Reserve - 68°F to 86° F. The amount of rain in April is high with an average of 6 inches for the month.
- Cusco - 48°F to 62° F.

Passport – Your passport must be valid for at least 6 months following your arrival in Peru. No visa is required.

Communication – If possible, make sure your cell phone service plan will work in Peru and install the app, WhatsApp. We will set up a WhatsApp group for group messages.

Packing for the Cities

- Casual is fine even in the high-end restaurants we will be going to. We get a “gringo” pass. You’ll undoubtedly want to buy some alpaca sweaters and hats while you are there, so keep that in mind when packing.
- Daypack
- Water bottle
- Warm jacket for Cusco at night
- Bathing suit

Packing for the Rainforest

- Binoculars
- Camera gear, bring your long lens!
- Tight-weave, light-colored, long cotton pants infused with mosquito repellent. You can buy them this way, or you can spray them with Permethrin.
- Long-sleeved, tight-weave, light-colored cotton shirts infused with mosquito repellent. You can buy them this way, or you can spray them with Permethrin.
- Ankle-high hiking boots or tennis shoes (boots will be provided for walking on muddy trails)
- Flashlight (headlamp) with batteries
- Sunblock lotion
- Sunglasses
- Broad-brimmed hat with mosquito netting that covers the face
- Lightweight rain jacket or poncho
- Insect repellent such as Picaridin. Patricia has found lavender oil to be very effective.
- Slippers or sandals for walking around the lodges.

Currency/Credit Cards

- Peru's currency unit is the sol (PEN). Note: US Dollars are also in use and accepted for payment, particularly in tourist areas. While effectively interchangeable, it is best to use local currency wherever possible.
- All major credit cards are typically accepted, but usage may be limited outside of Lima and tourist areas. Visa and Mastercard are the most commonly accepted. Always have some cash available, just in case.

Tipping when you are on your own

- Taxis: Round up the fare
- Restaurants: 10-15% when a service charge has not already been added to the bill.
- Currency Converter: <http://www.oanda.com/currency/converter/>.

Covid-related Travel Information (As of 2/25/22)

- To Enter Peru: On international flights to Peru, passengers must present to the airline proof that 14 days before boarding they already have been fully vaccinated against Covid-19, or they may present the negative RT-PCR test (result no longer than 72 hours).
- To Enter US (from cdc.gov)
All airline passengers to the United States ages two years and older, regardless of vaccination status or citizenship, must provide a negative COVID-19 viral test taken within one calendar day of travel. Alternatively, if you recently recovered from COVID-19, you may instead travel with documentation of recovery from COVID-19 (i.e., your positive COVID-19 viral test result on a sample taken no more than 90 days before the flight's departure from a foreign country and a letter from a licensed healthcare provider or a public health official stating that you were cleared to travel

Vaccinations and medications not related to COVID

None are mandatory for entering Peru, but several are recommended. For general travel, typhoid, infectious hepatitis, and polio are commonly advised. Consult your physician or local traveler's clinic.

Yellow fever: While yellow fever vaccination is not officially required for travel to Peru, the disease is known to be present in the rainforest (though extremely rare where we are going) and vaccinations are recommended. Those seeking vaccination before travel should remember that they must receive their shot at least 10 days before arrival in the rainforest. Those already vaccinated should remember they will require a “booster” vaccination every ten years.

Malaria: Malaria is rare, particularly for tourists to the part of the Amazon that we will be in, but if you want to be cautious, ask your travel doc about malaria medication. Patricia and Jayson spent three weeks in the Amazon. Jayson took malaria meds and Patricia didn't. Both were fine.

Altitude Sickness: Patricia found coca leaves to be very effective at preventing altitude sickness but Jayson needed to take medication. Ask your doctor about acetazolamide (brand name Diamox) or other altitude sickness medications.

Water

Water should generally be regarded as being potentially contaminated. The hotels and restaurants will have purified water.

Electricity and Plugs

Electricity in Peru is 220 volts.

There are two types of electrical outlets in Peru. One accepts U.S. style two-pronged plugs with flat, parallel blades, while the other take plugs with two round prongs. Many Peruvian electrical outlets are designed to accept both types.