

ITINERARY

FREE YOUR SPIRIT'S JOURNEYS

Cusco/Puno Trip: October 26 to November 6, 2026 (12 days + 2)

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DAY 0 (Sunday, October 25, 2026) - DEPART FROM USA TO LIMA

Your journey to the ancestral land of Perú begins by departing from your place of origin for the city of Lima. Among the many airlines to choose from, I suggest checking with LATAM Airlines, one of the best to travel to South America. I'll be happy to connect you with an excellent Travel Agent familiarized with our program, who can help you book your flights.

DAY 1 (Monday, October 26, 2026) - DEPART FROM LIMA TO CUSCO - TRAVEL TO SACRED VALLEY

From Lima you fly to the city of Cusco where Theodore and I will be waiting for you at the Alejandro Velasco Astete International Airport in Cusco. Our private transportation will take us to lunch and exchange money. After lunch we will go to our beautiful Marastambo Retreat Center, which is ideally located in the heart of the Sacred Valley, away from the busy energy of the city. This will be a day to acclimate to the higher altitude and adjust to our Andean Mountain surroundings.

Latam Airlines



Cusco City



Spiritual Practice: Wanting to fortify a solid relationship with our new family of travelers and with the Andes Mountains, we will gather in circle to create a **"Fire Ritual for Transformation."** In various spiritual traditions, fire is the element of purification, transformation, and the container of our intentions or prayers.

Altitude: 11,083 feet. **Included:** Lunch & dinner. **We spend the night in:** Marastambo Retreat Center.

DAY 2 (Tuesday, October 27, 2026) – SACRED VALLEY: MORAY ARCHEOLOGICAL SITE - CALLING THE SPIRIT OF THE MOUNTAINS

This morning, we visit **Moray**, a magnificent Incan site located approximately 600 meters above Urubamba. These vast circular terraces, carved deeply into the Earth like a natural amphitheater, were originally used as an agricultural laboratory where different microclimates at the different levels allowed them to study and cultivate diverse crops. They used hybridization and modification to adapt crops to make them suitable for human consumption, producing for example, more than 3,000 varieties of potatoes!

Beyond Moray's advanced agricultural technique, this site was also regarded as the womb of Mother Earth, which remains as a sacred space for healing and transformation.

Marastambo Retreat Center



Moray Sacred Site



Spiritual Practice: This morning, a powerful Andean paq'o (medicine man) will **call the spirit of the Apu kuna** (the mountains) to receive guidance, protection and healing in a very ancient Andean way.

In Moray, we will pause to **connect with the feminine power of nature**, opening ourselves to its nourishment of both spirit and body. As day turns to night, we return holding the wonder of the Andes and the wisdom shared by this sacred place.

In the evening, we will practice the **Mandala Breathwork**, a powerful breathing technique to activate and shine our inner-light while being witnessed by another in our wholeness, embracing all that arises with every breath, the good and the not so good. This practice will solidify our connection and relationship with the group, breathing as ONE.

Altitude: 11,083 feet. **Included:** Breakfast, and dinner. **We spend the night in:** Marastambo Retreat Center.

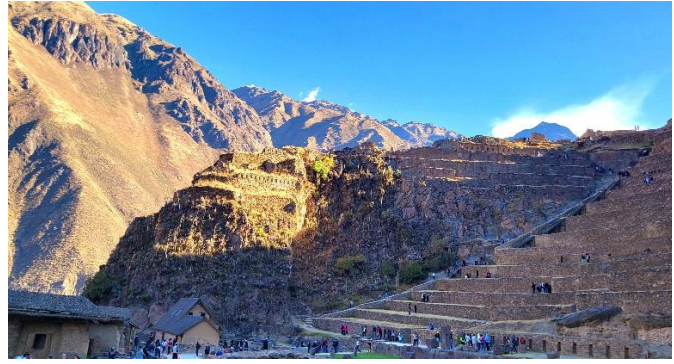
DAY 3 (Wednesday, October 28, 2026) PISAC MARKET & OLLANTAYTAMBO - AGUAS CALIENTES

After breakfast we explore more of the Sacred Valley of the Inkas, formed by the Vilcanota/Urubamba River valley and extending between Calca, Lamay, Pisac and Ollantaytambo. Expect a mix of agricultural terraces, living Andean towns, and stonework aligned with celestial events at sites like Pisac and Moray. We will visit the famous Pisac Marketplace where every day, artisans, and indigenous merchants of many towns come to trade their products consisting of colorful textiles, clothing, ceramic, musical instrument, jewelry, fruits, flowers and more.

Pisac Marketplace



Ollantaytambo



After lunch in Urubamba, we'll visit the impressive Archeological site of Ollantaytambo, which was built during the time of Inca Pachacutec. The spiritual life of the Inca and his people can be observed in the carved face of Wiracocha (The Creator God,) a Water Temple or Incamisana, formed by a complex of water channels and eight fountains - being the "Bath of the Princess" (Baño de la Ñusta) the most impressive one – the Intihuatana or Sun Dial Stone, the Temple of the Condor, an unfinished Temple of the Sun, and others. We take the afternoon train to Aguas Calientes where you can find another big Marketplace.

Altitude: 7,208 feet. **Included:** Breakfast and lunch. **Spend the night in:** Aguas Calientes.

DAY 4 (Thursday, October 29, 2026) – SACRED MACHU PICCHU! – RETURN TO CUSCO

"Machu Picchu can be termed as an ancient and timeless "Light Temple" ...Machu Picchu is a multidimensional prism of sorts that refracts the light into full spectrum and then uniquely absorbs and disperses it a higher dimensional "coded" format...The energy of this Portal Temple...is a major contributor to the global chakric center of Lake Titicaca, supplying heart and crown energy." - James Tiberonn.

Sacred Machu Picchu



Temple of the Condor



Early in the morning, we go to sacred **Machu Picchu** (Old Mountain) which sits in the Machu Picchu district (also known as Aguas Calientes) in Urubamba Province, along the Urubamba River, and approximately 80 kilometers northwest of Cusco.

Built in the time of Pachacutec Inca (the greatest of all the Incas,) this site remains among the most famous archaeological sites globally, being considered one of the Seven Wonders of the Modern World. The most important structures at Machu Picchu are the Temples dedicated to the Sun, to Pachamama, to the Condor, the Temple of Three Windows and the Intihuatana. The Intihuatana (Hitching Post of the Sun) was an astronomical observation device used to determine the precise periods for different festivals and celebrations of importance in the Inca religion.

We return to Aguas Calientes for lunch, we take the afternoon train to Ollantaytambo and travel to Cusco.

Spiritual Practice: We'll do an "ayni" (reciprocity) ritual using coca leaves and an activation of the sacred heart based on the Andean tradition.

Altitude: 11,152 feet. **Included:** Breakfast. **Spend the night in:** Cusco.

DAY 5 (Friday, October 30, 2026) - CUSCO CITY TOUR

This morning we'll visit the best representation of the shrines and temples (called Huacas in Quechua) of the Inca spiritual pilgrimage network or ceque system. First, we go to **Tambomachay** (resting place,) which poses an extraordinary hydraulic and architectonic system. Here we can identify fountains, roads, platforms, enclosures, and channels. The use and function of this place was eminently ceremonial to the cult of water.

From here we go to **Pukapukara** (red fortress) whose main characteristic is its strategic location on a natural projection of the mountain, which during Incan times, facilitated the observation, control, and protection of this area. Next we visit **Qenko**, which contains an astronomical observatory, used to measure time, to establish the seasons, determine the solstice and equinoxes and as a shrine to worship the Sun, the Moon, Venus, and the stars.

Tambomachay



Qenko



We finish this tour visiting the magnificent **Sacsayhuaman** (The Royal House of the Sun,) forming the head of the sacred puma. This site looks like a fortress and contains bastions, watchtowers, houses, worship sites, roads, aqueducts, and storehouses. Every winter solstice, Sacsayhuaman holds the reenactment of the "Inti Raymi" or "Fiesta del Sol," which was the biggest, most important spiritual festival dedicated to the Sun God.

Spiritual Practice: In Sacsayhuaman, we'll perform a **ritual of "rebirth,"** walking through one of the birth canals of Pachamama. After lunch, we'll create a beautiful heart-opening **Cacao Ceremony** at a crystal shop.

Altitude: 11,152 feet. **Included:** Breakfast and Lunch. **Spend the night in:** Cusco.

DAY 6 (Saturday, October 31, 2026) – RAINBOW MOUNTAIN: CEREMONIES WITH THE PAQ'OS

Today early in the morning, we visit Palccoyo Rainbow Mountain, located about 4 hours from Cusco. Our transportation will take us to the highest point possible, from where we will walk only 30 minutes at a very slow pace.

This rainbow-like appearance is created by the sediment of 14 different colorful minerals throughout the area. When the ice that used to cover the area melted, the water mixed with minerals in the ground turned the earth into many colors. These mountains are considered holy by many, and since their discovery, they have been gaining popularity and have even been listed in National Geographic's "Top 100 Places To Visit Before Dying."

Rainbow Mountain



Despacho Ceremony



We'll enjoy the magnificent view of three distinct rainbow mountains and the sacred Ausangate glacier without much walking, as well as llamas, and alpacas gracing all over the range. Personal oxygen cans and plenty of coca leaves is highly recommended.

Spiritual Practice: In the sacredness of these mountains the beloved Paq'o and Ñusta of the Q'eros Nation will guide us in **Despacho ceremony and Karpay transmission**, which are ancient healing ceremonies of the Andes. Despacho is an offering to honor Pachamama (mother earth) and the Apu kuna (mountains.) It is composed of natural items such as carnation flowers, coca leaves, candies, figurines, etc. Karpay is the transmission of energy seeds into our energy body that will be prayed over to flourish according to your commitment to self-growth. It is a bestowal of the power of the Andean lineage.

Note: Donations of money or goods are welcomed to be given directly to the Paq'o and Ñusta.

Altitude: 16,076 feet. **Included:** Breakfast and lunch. **Spend the night in:** Cusco.

DAY 7 (Sunday, November 1, 2026) – FREE DAY IN CUSCO

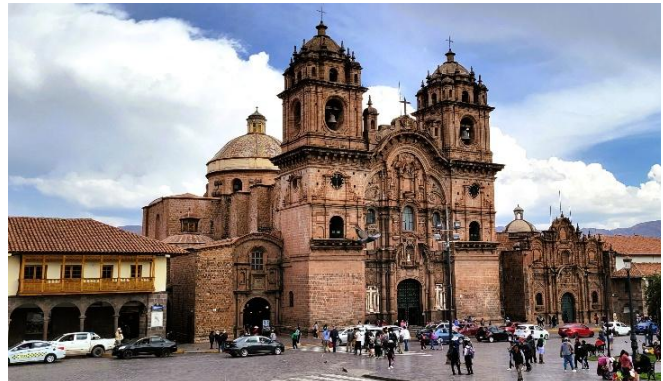
Today is a relaxing day. We suggest you visit the fantastic main square - The **Plaza de Armas**, representing the heart of the Puma. Within the Plaza, you can visit and attend the morning mass at **The Cathedral**, a magnificent church built after the invasion of the Spaniards in 1,664 over the Palace of the Inca Wiracocha. You will admire the colonial goldsmith and woodcarving work, as well as a valuable collection of canvases from the Escuela Cusqueña (Academy of Cusco.) In the **Artisan Zone**, you can appreciate and buy special

arts and crafts from local artists. Visiting the **San Pedro Market** will be a colorful experience. You can also get a massage in town.

Cusco Street



Cathedral at Plaza de Armas



Optional: A private despacho ceremony or healing session can be arranged with the Paq'ó. Payments are made directly to him. Please know he only speaks Quechua and Spanish but the medicine you'll receive have no language barrier.

Altitude: 11,152 feet. **Included:** Breakfast. **Spend the night in:** Cusco.

DAY 8 (Monday, November 2, 2016) - SOUTH CIRCUIT & PUNO CITY

From Cusco, we travel to the Circuit of South along the Sacred Valley, on our way to Puno City. We stop at the city of **Andahuaylillas** to visit the Church of San Pedro, also known as the "Sistine Chapel of the Americas," built in 1,580. The interior is an explosion of Baroque art with altars of wood carvings and gold. It also has great quantity of decorations and beautiful paintings of the Escuela Cusqueña.

Next, we go to **Raqchi**, an Archeological Site built in the 15th century and considered one of the most audacious Inca constructions. Here we'll visit the astonishing "Wiracocha Temple." According to ancient chroniclers this temple was built by Inca Wiraqocha in homage to the Superior Invisible God of the Andean people: "Apu Kon Titi Wiraqocha." It is said that the culminating Coronation Ritual of the Incas was performed here.

Sistine Chapel



Wiracocha Temple



We'll have lunch in Sicuani and continue to **Pukara** town, famous for its pottery, especially the well-known "Toritos de Pukara" (Little Bulls of Pukara.) It also offers the "Museo Litico" (Stone Museum,) displaying a selection of anthropomorphic monoliths, zoomorphic sculptures, ceramics, and other objects from the PuKara pre-Inca Culture.

We'll make a quick stop at La Raya Pass (14,000 ft. above sea level) which is the border between Cusco and Puno. Here you'll be able to see the famous Chimboya Glacier where the Amazon River is born. We arrive in Puno City in the early afternoon.

Altitude: 12,500 feet. **Included:** Breakfast and lunch. **We spend the night in:** Puno.

DAY 9 (Tuesday, November 3, 2026) - PUNO: SILLUSTANI AND DOORWAY OF ARAMU MURU

After breakfast, we'll visit the Archeological Site of **Sillustani** (12,795 ft of elevation,) from the Colla culture, an Aymara speaking community. Sillustani stands on Lake Umayo (Enchanted Lake.) The Chullpas, were the pre-Inca and Inca mausoleum for the nobility. The most prominent Chullpas are "La Torre de la Lagartija" (Lizard Tower) and "La Torre de la Serpiente" (Serpent Tower.) This cemetery not only contrasts the world of the living with the world of the dead but also embraces the spiritual aspect of facing the sun and the lake.

Chullpas of Sillustani



Doorway of Aramu Muru



After lunch we'll visit the Doorway of **Aramu Muru**, or "Gateway to the Gods," also known as Hayu Marca. This pre-Incan rock structure is one of the most enigmatic and energetically charged sites in Perú, as it is considered an interdimensional gateway to the spirit world. According to Inca legend, Aramu Muru was a Lemurian Spiritual Master, who brought the Sun Disc, known as the "Key of the Gods of the 7 Seven Rays" to Lake Titicaca. This disc opened the doorway to higher dimensions of existence.

Spiritual Practice: In **Sillustani** we will do a ritual with sacred **coca leaves** to harmonize some of the aspects of duality (yanantin) of the matrix of creation. In **Aramu Muru** we will stand before this cosmic doorway where the energies of the universe become accessible, as this portal responds to energy and intent. Deep meditation here can lead to visions, encounters with spiritual beings, or profound personal insight. We will also activate an **Ayni Karpay**.

Altitude: 12,500 feet. **Included:** Breakfast and lunch. **Spend the night in:** Puno.

DAY 10 (Wednesday, November 4, 2026) - LAKE TITICACA: UROS AND AMANTANI ISLAND

"Lake Titicaca is energetically balanced, it is neither male, nor female...It contains proportional levels of both, and as such the potency, the harmonic and the harmony. Therefore, the consciousness of this vortex will balance any human that is in imbalance... Lake Titicaca is a potent battery for both, receipt and transmission of those attuned higher dimensional energies required for the ascension of this planet. "- James Tiberonn.

Today we enter deeper into the sacredness of **Lake Titicaca**, located on the Altiplano (high plane) of Perú and Bolivia. This is the world's highest navigable lake at 12,400 ft. above sea level. To the Aymara culture, Lake Titicaca means "the sacred center of the world." This lake is their natural and spiritual home and one of the most peaceful places on Earth, providing solace, healing, and balance. We travel via motorboat to the **Uros Islands** formed by a group of about 70 man-made "totora" reed islands built as the home of the Uros tribe, a pre-Inca civilization. They'll share their ancient practices and traditions and their simple way of life. Colorful textiles and other goods will be offered to purchase.

Uros Floating Islands



Amantaní Island



Next, we go to **Amantaní Island**, also known as the "Island of the Cantuta" for the national flower of Perú and Bolivia. A major electromagnetic lay line called Wirachocha's Route, intersects the island running from Bolivia to Perú. Pre-Columbian residents usually built their cities, temples, and holy places on electromagnetic convergence points to benefit from the highest vibratory frequency. There are no hotels on this island, so we'll spend the night at the beautiful home of one of the families.

Altitude: 12,522 feet. **Included:** Breakfast, lunch, and dinner. **Spend the night in:** Amantaní island.

DAY 11 (Thursday, November 5, 2026) - AMANTANI ISLAND: PACHATATA & PACHAMAMA TEMPLES

After a relaxed breakfast, we visit the **Temples of Pachatata and Pachamama**, which are dedicated to the *Divine Masculine and Feminine aspects of the Universe*. Standing half a mile apart, these pre-Incan temples were built during the Tiahuanaco culture perhaps more than 4,000 years ago. Here many people experience a sense of clarity, centeredness, inner strength, and connection with their Higher Self.

The walk along a series of wide stone pathways is from moderate to strong as we reach the top of the hill where the temples are located. The paths are wide and well-constructed. It is highly recommended to walk at a slow pace and make many stops along the way. Also having a disposable oxygen can is advised.

Pachatata Temple



Cantuta Flowers



Optional: For the ones who prefer not to walk this long path (moderate to strong) at high altitude, we can rent some horses, depending on availability. A good idea is to take turns in riding the horses, which are always handled by the owners. The cost is approximately \$20 to \$30.

Spiritual Practice: We'll do a visualization practice to **connect with Sacred Lake Titicaca**. We also might be able to create a **Cantuta Flower Despacho**, as it is one of the most beautiful and emblematic flowers of Perú. It is also known as the "Flower of the Inca" since according to legend, the Cantuta Flower was the favorite one of the Inca and was considered a symbol of royalty and nobility. This flower has healing properties, and it is highly regarded for being capable of warding off evil spirits.

Altitude: 12,522 feet. **Included:** Breakfast, lunch, and dinner. **Spend the night in:** Amantaní Island.

DAY 12 (Thursday, November 6, 2026) - RETURN TO PUNO - FLY TO LIMA TO RETURN HOME

After breakfast we depart from Amantaní to Puno, where we'll have our "farewell lunch" to share our impressions and honor our time as a family. We go to the Juliaca Airport around 4:30 pm to take the flight back to LA at 7:45 pm. The flights in the itinerary are the ones suggested with LATAM Airlines. You are free to choose others.

Included: Breakfast

*** Itinerary could be subject to change:** If some activities are changed, you'll receive a revised itinerary. Due to the remote areas, we are traveling in the Andes Mountains, weather, bad roads, and other unforeseen situations, which may cause us to make changes in the schedule or to visit different sites. We understand if this happens, Pachamama will guide us where she wants to take us!