

ITINERARY

FREE YOUR SPIRIT'S JOURNEYS

Huachuma/Cusco/Puno Trip: October 22 to November 6, 2026 (16 days + 2)

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DAY 0 (Wednesday, October 21, 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 (Thursday, October 22, 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, located in the heart of the Sacred Valley, in the district of Maras, and 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: As the heart of the Andes Mountains welcome us, we'll gather in circle to create a "Fire Releasing Ceremony," where we can shade any remaining hucha (heave energy) in preparation to be in communion with the wisdom of sacred Huachuma. We will also share our individual and collective intentions as a strong foundation to sustain our journey of self-discovery and healing!

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

DAY 2 (Friday, October 23, 2026) – MARASTAMBO RETREAT CENTER: 1st CEREMONY

The Huachuma cactus, native to the Andes region, has been honored in ceremonies for over 3,000 years as the medicine for the heart. Huachuma is considered the “grandfather plant” and it’s highly revered for its power to remove barriers and limitations, to open the doors of inner perception, and to activate a deeper connection with the sacred Heart. This loving and powerful visionary plant is also known as “San Pedro” in reference to the saint who holds the key to heaven, as the magic of this cactus can take us into higher realms of consciousness that feel like heaven on earth!

After a light breakfast consisting of fresh fruit and juice, we’ll be ready to start with our first Huachuma ceremony, which is offered during the day. Normally one can walk and talk, so you can walk around the beautiful gardens of Marastambo Retreat Center. The effect of Huachuma takes from 45 minutes to 2 hours to appear, and stays with you for approximately 10 hours, but sometimes can last even longer.

Marastambo Retreat Center



Sacred Huachuma Cactus



Spiritual Practice: After dinner we **gather to share** our experiences and impressions and to hold sacred space for each other’s integration process. It is essential to be heard and seen, but also to be witnessed in silence during this moment of deep self-care, as the physical, mental, and emotional aspects of your being have been purified and vibrationally increased with the power of sacred Huachuma.

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

DAY 3 (Saturday, October 24, 2026) – MARASTAMBO CENTER: CHECOQ ARCHEOLOGICAL SITE – REST & INTEGRATION TIME

After a substantial breakfast, we’ll visit the archaeological zone of Checoq, an Inca site located on top of a hill, offering breathtaking views of the Sacred Valley of the Incas. This site is formed by a series of stone structures and agricultural terraces. It also includes what appears to be a main plaza and several residential buildings. Although the Checoq zone is small in comparison to other archeological places, it is a fascinating and well-preserved site worth visiting for those interested in Inca history and culture.

After lunch we’ll have an intimate opportunity for self-reflection in silence, as an “essential” time to activate your relationship with sacred Huachuma and to receive a clear intention for your second journey.

Checoq Archeological Site



Shamanic Journey



Spiritual Practice: To reinforce the process of healing deep wounds, going through powerful transformations, and surrendering into a heart opening journey with sacred Huachuma, we will embark on a **Shamanic Journey**. Guided by the beating of the drum and the shaking of the rattle, you will be guided to take an inner quest to step into the dimensions of your soul where you enter a timeless state of being. By connecting with your true essence, you can access clear guidance to integrate the medicine you've received.

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

DAY 4 (Sunday, October 25, 2026) – MARASTAMBO RETREAT CENTER: 2nd CEREMONY

After a light breakfast consisting of fresh fruit and juice, we'll be ready to start with our second Huachuma ceremony. Huachuma opens the sacred heart at its deepest level, inspiring deep healing in our connections with ourself and others, while offering support in creating more love, joy, compassion and gratitude.

Marastambo Gardens



Integration Circle



Spiritual Practice: As we close our active ceremonies with sacred Huachuma, we gather again to share our experiences and impressions. Moreover, we gather to help each other to fully integrate back into our physical reality, since sometimes the interactions with the regular world can be a little overwhelming. This visionary plant can certainly help you transform spiritually and reach better physical health. Nevertheless, the results are ultimately up to your healing commitment and your intent. Remember your inner journey with the wisdom of sacred Huachuma continues, as it is now a part of you ❤️

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

DAY 5 (Monday, October 26, 2026) – 1st GROUP: MARAS SALT MINES & TIOBAMBA SANCTUARY – 2nd GROUP ARRIVES.

After breakfast, our guide will take the group that participated in the ceremonies with sacred Huachuma to visit the Maras Salt Mines, consisting of more than 3,000 salt wells that have been used since pre-Hispanic times for salt production. The technique used to produce high quality salt is very similar to the one used today. Saltwater flowing from a natural spring in the mountains is conducted through canals to the salt wells. Once the water evaporates, a layer of salt forms on the surface, which is then harvested and sold in the region.

Next, this group will visit the Tiobamba Sanctuary, a historic chapel built in the 18th century by the Spanish colonizers, who were Catholic missionaries. This cultural heritage of the region was built on the site of an ancient Inca temple, dedicated to the worship of the god Tiobamba, who was believed to be the god of fertility and agriculture.

Maras Salt Mines



Tiobamba Sanctuary



Theodore and Mariscela will pick the second group up arriving at the Alejandro Velasco Astete International Airport in Cusco, around noon. Our private transportation will take us to lunch and exchange money in Cusco. After lunch we will go to our beautiful Marastambo Retreat Center, located in the heart of the Sacred Valley, in the district of Maras, and 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.

Spiritual Practice: As our family grows to commune with each other 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 for 1st group:** Breakfast, lunch & dinner. **Included for 2nd group:** Lunch & dinner. **We spend the night in:** Marastambo Retreat Center.

DAY 6 (Tuesday, October 27, 2026) - SACRED VALLEY: MORAY ARCHEOLOGICAL SITE - CALLING THE SPIRIT OF THE MOUNTAINS

Today 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 and 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.

Andean Condor



Moray Sacred Site



Spiritual Practice: This morning we will receive a visitation from the mystical **sacred condors of the Andes** who bring healing, guidance and protection from the spirit of the Apu kuna (the mountains.) This ancient ritual will be offered by a powerful Andean paq'o or medicine man.

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

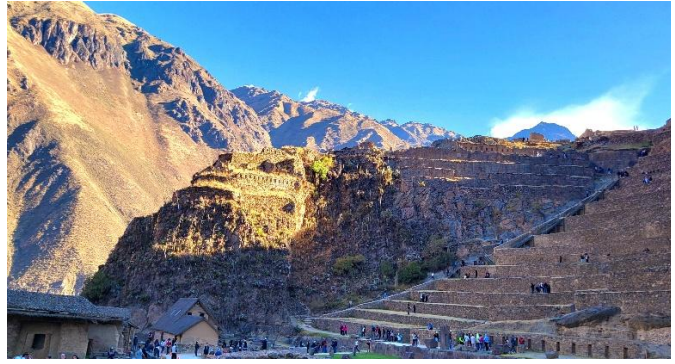
After breakfast we explore more of the Sacred Valley of the Inkas, formed by the Vilcanota/Urubamba River valley and extending between Calca, Lamay, Pisac and Ollantaytambo. Expect a mix of agricultural terraces, living Andean towns, and stonework aligned with celestial events at sites like Pisac and 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.

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.

Pisac Marketplace



Ollantaytambo



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

DAY 8 (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 9 (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 10 (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'ó 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'ó and Ñusta.

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

DAY 11 (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'o. 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 12 (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.

Sistine Chapel



Wiracocha Temple



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.

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 13 (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 14 (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, our boat takes us to **Amantaní Island**, also known as the "Island of the Cantuta" in honor of 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 15 (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 16 (Thursday, November 6, 2026) – RETURN TO PUNO - FLY TO LIMA TO RETURN HOME

After breakfast we depart from Amantaní Island to Puno City, where we'll have our "farewell lunch" to share our impressions and honor our time as a family. We go to the Juliaca Airport in the afternoon 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!