

Tarot Journey - Spiritual Adventure Tour of Peru & Bolivia

TRIP FACTS

Starts in: Lima
28 September 2009 **Ends in:** La Paz
13 October 2009
Grade: CULTURE AND DISCOVERY

COUNTRIES VISITED

Bolivia, Peru

TRIP HIGHLIGHTS

Amazon Jungle (optional two days from 26 – 28 September), Cusco, Sacsayhuaman, Pisac, Ollantaytambo, Aguas Calientes, The Sacred Valley, Machu Picchu, Puno, Lake Titicaca, La Paz

FURTHER INFORMATION

Linda Marson: T: 0404508323 **E:** linda@tarotjourney.com.au



Join Linda Marson, author of *Ticket, Passport and Tarot Cards* and professional member of the Tarot Guild of Australia, on a tarot-guided journey through Peru and Bolivia. Don't worry if you're not familiar with the tarot, because Linda will be your mentor. She will help you to explore your soul and life cards and track the personal significance of cards you select each day. You'll also experiment with different ways of reading the cards to discover signposts to your future. There will even be mini tarot tutorials if members of the group are interested. But one of the most fascinating things to do is to look at the world and people around you in terms of the archetypes found in the tarot – a truly enlightening spiritual adventure! You will also receive a copy of Linda's book and DVD. In *Ticket, Passport and Tarot Cards* Linda describes her own tarot associations with some of the places we visit on this tour.

Comments from spiritual adventurers to Peru in 2007 or 2008 include:

- Travelling with a group of people with a common interest in spirituality was really important. We could all talk about our emotions and experiences without feeling that others in the group would think we were wacky! (Chris)
- I loved our hotel at Ollantaytambo, and being able to explore the Inca site all alone early in the morning was a wonderful experience. (Jenny)
- Moving away on my own at Machu Picchu allowed me to absorb the energy, serenity and tranquillity of this ancient place. Connecting with the rocks and the earth, I saw who I had been in a past life and felt I was breathing as one with Pacha Mama. (Marianne)
- I don't normally go fishing, but I caught a piranha! And to top that, we saw river otters - they're so rare, we felt privileged. (Janine)
- The ritual we did at Sacsayhuaman to honour Mother Earth on the equinox was moving. The opportunity to have a coca leaf reading with the shaman a few days later was a real bonus. (Janine and Lisa)
- We were made to feel so welcome at the homestay on Amantani Island. It was wonderful to see how families manage with so little and how happy they were to share everything with us. (Jean)

After arriving in Lima, those who have opted for the Jungle Extension fly early next morning to the Amazon jungle. Those doing the main tour only, fly to Cusco where they meet the tour guide and others who have come from the jungle. Cusco is a former Inca stronghold and we have ample time to wander the labyrinth of cobblestone streets, taking in the colourful handicraft markets or maybe trying some 'cuy' (guinea pig) - a local delicacy available in many of the excellent restaurants! Out in the Sacred Valley is the small market town of Pisac and the magnificent Inca fortress at Ollantaytambo. And then comes the most stunning of Inca sights, Machu Picchu - 'Eagle's Nest of the Inca Empire'. Further inland we come to Puno where we discover beautiful Lake Titicaca. Still by the lake, we cross into Bolivia at Copacabana before heading to the capital La Paz, which is located in a canyon on the Altiplano, dominated by snow-capped Mount Illimani. La Paz has a large Indian population - as you'll discover on a visit to the highly unusual Witches' Market.



DAY BY DAY ITINERARY

Amazon Jungle Extension

Extension Day 1 / Saturday 26 September 2009

Arrival in Lima

The most common flight into Lima arrives at 10.50pm at night, so that's when you're likely to be arriving. From the airport, you will be transferred to our hotel in the heart of the city's well-known coastal district of Miraflores. The cost of this night's accommodation is included in the Amazon Extension price of \$1,150.

Overnight: Hotel Monte Real

Extension Day 2 / Sunday 27 September 2009

Lima - Amazon Jungle

Today we catch a flight to Puerto Maldonado, deep in the heart of the Peruvian Amazon. We then board a boat for the two-hour trip on the Tambopata River to our jungle lodge. After settling in we receive a short briefing on the lodge before heading off into the jungle with a local native guide. They reveal to us their wealth of knowledge by pointing out the various jungle food, medicine, local flora and fauna. We visit a small parakeet clay-lick, where dozens and sometimes hundreds of blue-headed parrots, orange-cheeked parrots and cobalt-winged parakeets. Sometimes, even the rare rock parakeet congregate here on clear days to ingest clay.



Overnight: Refugio Amazonas or Posada Amazonas

Meals included: 1 breakfast, 1 lunch, 1 dinner

Extension Day 3 / (Day 1 of main tour) Monday 28 September 2009

Amazon Jungle

Travelling by canoe we go in search of giant river otters, turtles, hoatzin and wading birds. We return to the lodge for lunch before embarking on an afternoon excursion to the indigenous Indian farmlands. After our visit we will understand how the local cultivation system has proven to be so sustainable over a long period of time. We return to our lodge in the late afternoon.

Overnight: Refugio Amazonas or Posada Amazonas

Meals included: 1 breakfast, 1 lunch, 1 dinner

Extension Day 4 / (Day 2 of main tour) Tuesday 29 September 2009

Puerto Maldonado - Cusco

Early in the morning we transfer by boat back to Puerto Maldonado, where we board our aircraft for a short flight to Cusco. There are no activities planned for this day, so you are free to wander through the town and enjoy some of the markets, cafes and restaurants. Tarot readings and activities can be woven into the day as well.

Overnight: comfortable hotel

Meals included: 1 breakfast

Main Tour

Day 1 / Monday 28 September 2009

Arrival in Lima

From the airport you will be transferred to our hotel in the city's well-known coastal district of Miraflores.

Overnight: Hotel Monte Real

Days 2&3 / Tuesday and Wednesday 29/30 September 2009

Cusco

Transfer to airport for flight to Cusco, where we meet our tour leader and fellow spiritual adventurers emerging from the jungle! There are no activities planned for these two days, so you are free to wander through the town and enjoy some of the markets, cafes and restaurants. Cusco's many attractions radiate outwards from the main Plaza de Armas, which is dominated by the 17th Century Baroque Cathedral. It was in this very plaza that the Spanish conquistadors put to death the last Inca king, Tupac Amaru. As we wander the streets and side alleys of the city we witness the perfect tapering Inca stonework that provided the foundations for many of Cusco's colonial and modern buildings. Tarot readings and activities will be woven into the days as we acclimatise to the altitude.

Overnight: comfortable hotel

Meals included: 2 breakfasts

Day 4 / Thursday 1 October 2009

Cusco and Sacsayhuaman

In the morning we take to the hills surrounding Cusco and visit the impressive ceremonial ruins of Sacsayhuaman. Massive stone blocks form the walls of this site and give us an awesome picture of the Incas' highly developed and

skilled civilisation. Last year we experienced a ritual here to honour Pachamama (Mother Earth), and we may be able to repeat this memorable experience in the afternoon, which is free.

Overnight: comfortable hotel
Meals included: 1 breakfast

Day 5 / Friday 2 October 2009 **Cusco - The Sacred Valley**

Today we travel by bus to the Sacred Valley, located between the towns of Pisac and Ollantaytambo. The valley was greatly treasured by the Incas because of its climate, fertile lands and the presence of the Urubamba or Sacred River. Today we can still see evidence of the Inca's engineering skills in the ruins of aqueducts, irrigation canals, damming of the Urubamba River, imposing sets of terraces and centres of worship dedicated to Pachamama. On our full day tour of the Sacred Valley we visit the ruins of Qenko, Puka Pukara, Tambo Machay and Ollantaytambo, as well as the colourful market at Pisac village.

Overnight: comfortable hotel in Ollantaytambo
Meals included: 1 breakfast

Day 6 / Saturday 3 October 2009 **Ollantaytambo - Aguas Calientes**

This morning there's free time to explore Ollantaytambo or consult the tarot cards before taking the midday train for the short trip to Aguas Calientes, the small town at the base of Machu Picchu. The afternoon is free to wander around the shops and markets or you may choose to soak in the hot thermal baths located on the edge of town. Or the tarot cards may beckon once again!

Overnight: comfortable hotel in Aguas Calientes
Meals included: 1 breakfast

Day 7 / Sunday 4 October 2009 **Machu Picchu**

We board an early bus and drive up the steep, zigzagging road to the impressive Lost City of the Incas - Machu Picchu. We explore the ruins with our guide and then have time to wander around by ourselves. For those who want to experience what it's like on the Inca Trail, there's a hike to the Sun Gate where the stunning view creates a lasting impression that will stay with you long after you return home. In 2008 we walked a little way beyond the Sun Gate, found a peaceful spot and lay listening to music composed specially for the Tarot.

Overnight: comfortable hotel in Aguas Calientes
Meals included: 1 breakfast

Tarot dimension: the Sun

"It is said that every time mankind sinks into a state of dissipation and disorder, the Sun sends the mythic bird Lullu, whose presence in the sky produces an atmosphere of love and reduces the desire to rebel or wage war...We watch the pattern of clouds, sun and shadow and become aware of the early morning breeze. We hover in a space beyond time, overwhelmed by a sense of peace and tranquillity. Are those whispered messages from the inhabitants of this ancient place that we hear on the wind? Or is it Lullu flying towards us with a message from the Sun?" (*Ticket, Passport and Tarot Cards*)



Day 8 / Monday 5 October 2009 **Machu Picchu - Cusco**

This morning is our second visit to Machu Picchu where we have free time to explore. A magical moment in 2007 was finding a quiet spot under a shady tree and spreading out the tarot cards. What better place to ask a question like 'What's the next step in my spiritual journey?' In 2008 we found a different quiet spot and enjoyed a meditation. In the afternoon we take the train back to Cusco.

Overnight: comfortable hotel in Cusco
Meals included: 1 breakfast

Day 9 / Tuesday 6 October 2009 **Pumamarca Ruins - Peru's Challenge Community Project**

The morning in Cusco is free, followed in the afternoon by a visit the Peru's Challenge Community Project at the tiny village of Pumamarca. This is a fantastic opportunity to witness rural life first hand as you wander through the fields watching the locals tend their crops. In the village you may have the opportunity to visit the local school and also see the women working their handicrafts. Peregrine is a proud sponsor of the Peru's Challenge Project. A short stroll through the fields will bring us to the rarely visited Pumamarca ruins. More than 500 years ago, the Royal Inca King, Pachacutec, ruled the Incas from the centre of its massive empire - Cusco. Just 8km from the centre of Cusco lies the rural community of Pumamarca (meaning the place of the sacred Puma). Here, surrounded

by beautiful Inca terraces and fields where the locals grow their produce, you will find the Pumamarca Hacienda, which, in the reign of the Incas was a palace built for the royal wife of Pachacutec. Wandering through the ruins you can find great examples of classic Inca architecture: careful stonework of exact proportions, proving that the Incas were expert engineers. The gardens contain tranquil water channels and fountains with aqueducts and communication tunnels joining the palace to the centre of Cusco. Peruvian archeologists believe that it is the oldest Inca palace in existence. For this reason, the Institute of National Culture has plans to slowly reconstruct the palace and its paradise gardens to bring it back to its original glory.

Overnight: comfortable hotel in Cusco
Meals included: 1 breakfast

Day 10 / Wednesday 7 October 2009

Cusco - Puno

We depart Cusco and travel by bus to the town of Puno, situated on the shores of Lake Titicaca, the highest navigable lake in the world at 3,810 metres. This scheduled tourist service takes us on good roads through some spectacular mountain scenery and we stop at several sites including pre-Incan adobe ruins along the way. Lunch is included today.

Overnight: comfortable hotel in Puno
Meals included: 1 breakfast, 1 lunch

Day 11 / Thursday 8 October 2009

Lake Titicaca – Amantani Island Home Stay

This morning we leave our hotel by local trishaw and head for the lake, where we board the boat for our two-day trip on the lake. One of our first stops is on one of the floating reed islands of the Uros people, who still live as they have done so for centuries. The islanders use totora reeds for many things, from building their homes and boats to producing hand-woven mats. We then continue by boat to the beautiful island of Amantani, where we stay as guests of local families in their basic homes. In the late afternoon we head up the ancient stone stairway to ruins situated on the island's peak, where we enjoy stunning views across the lake and perhaps a sunset. Our home for the night is clean, although somewhat basic. We enjoy a traditional home-cooked meal with our host family and there may be an opportunity to partake in some entertainment, including dancing with the local villagers!

Overnight: homestay (basic accommodation)
Meals included: 1 breakfast, 1 lunch, 1 dinner

Day 12 / Friday 9 October 2009

Sillustani - Puno

This morning we farewell our host family and make our way across the lake back to Puno and continue by road to Sillustani, where located on a small peninsula are well-preserved burial towers called 'chullpas'. Constructed by the Colla people in pre-Incan times, these 'chapullas' often have lizards carved into their stone exterior; lizards are considered a symbol of life because of their ability to regrow their tails. The complex engineering feat involved in the construction of these conical towers, which stand up to a height of 12 metres, continues to amaze archaeologists even today. We return to our hotel in Puno in the afternoon.

Overnight: comfortable hotel in Puno
Meals included: 1 breakfast

Day 13 / Saturday 10 October 2009

Puno - Copacabana

Peru and Bolivia share the waters of Lake Titicaca. Today we follow the shores of the lake to the Peruvian side of the border at Yunguyo. We drive down a narrow peninsula with the lake on both sides of the road, making this a spectacular stretch of scenery. After completing our immigration and customs formalities, we cross over into the neighbouring Bolivian town of Copacabana. Dominating the town is a huge cathedral that was built around the 17th century and is considered one of the finest in all of Bolivia. Vendors outside the cathedral sell medallions of the 'Black' Virgin Mary and a chapel inside houses the famous statue of the Virgin of Copacabana. Nearby is the Island of the Sun, birthplace of an Inca legend involving creation.

Overnight: Hotel La Cupula
Meals included: 1 breakfast

Day 14 / Sunday 11 October 2009

Copacabana - La Paz

This morning we travel by bus to La Paz, the highest capital in the world. Towering over the city is Mount Illimani, which reaches a height of 6439 metres with its snow-covered peaks. Much of the city is modern; however there are still some examples of late 19th Century architecture such as the Presidential Palace, Cathedral and National Congress. This afternoon we visit the 'Witches Market', where they sell magic potions and the Valley of the Moon - an eroded maze of canyons and pinnacles that form a bizarre landscape just a short distance from the town centre.

Overnight: El Rey Palace

Meals included: 1 breakfast

Day 15 / Monday 12 October 2009

La Paz

Today is free to wander around or consult the tarot.

Overnight: El Rey Palace

Meals included: 1 breakfast

Day 16 / Tuesday 13 October 2009

Departure from La Paz

Our adventure comes to an end after breakfast in La Paz. A transfer to the airport is not included.

Meals included: 1 breakfast

About Peregrine

Peregrine has been operating adventure holidays since 1977. Today we can help you discover all four corners of the globe, from the Polar regions, to Africa, Latin America, Asia, Europe, the Middle East and beyond. We offer high-quality, excellent-value, small-group adventures to interesting areas of the world, in harmony with the local people and the environment.

Trip grade

CULTURE AND DISCOVERY

A focus on regional culture, exploring historical icons, cultural highlights and famous sights. These trips are not physically demanding and have the perfect mix of discovery, exploration and relaxation.



Tour costs

Main tour

\$3,350 per person twin share

Single supplement: \$450 per person

If there is an odd number of people in the group someone will need to pay the single supplement price in addition to the tour price.

Amazon Jungle Extension: \$1,150 per person twin share

(includes domestic flights from Lima – Puerto Maldonado – Cusco and three nights' accommodation)

Due to the nature of accommodation, there is no single supplement available for the Amazon Jungle Extension.

Travellers will be accommodated in either twin or triple rooms.

Included

Escort and tarot guidance by Linda Marson, Peregrine tour leader, domestic flight from Lima to Cusco, local guides, arrival transfer, transport, sightseeing and entrance fees.

Accommodation: 12 nights comfortable hotel, 2 nights 4 star hotel, 1 night home stay, 2 nights jungle lodge

Meals: 17 Breakfasts, 3 Lunches, 2 Dinner

Transport: boat, bus, plane (Lima – Puerto Maldonado – Cusco **or** Lima - Cusco), train

Not included

International airfares, airport departure taxes, visas where required, meals not included in the itinerary, insurance, laundry, any optional tours or activities during free time, tips and items of a personal nature.

Some discount on the overall cost of the tour may be available if international tickets are booked through Peregrine, since domestic flights in Peru could then be booked in conjunction with international flights.

Pre and post tour options

Lima

Pre-tour accommodation: **twin share \$50 per person** per night or **single \$70 per person** per night

La Paz

Post-tour accommodation: **twin share \$60 per person** per night or **single \$100 per person** per night

Airport departure transfer: \$25 per person.

Tours to other destinations in South and Central America can also be booked, e.g. Galapagos, Nasca Lines.

Travelling responsibly

We care about the places and people that we meet on our journeys, and we try to ensure that we give something back, as well as taking away so many incredible memories. For more information on our commitment to responsible tourism, visit www.peregrineadventures.com/about_us/responsible_travel/

Subscribe to e-news

About once a month, we send out an electronic newsletter with news, specials and interesting articles. Subscribing is easy, and you can unsubscribe just as easily at any time.

Visit www.peregrineadventures.com/comp/subcomp/ to subscribe to our enews and for your chance to win a great adventure!

Passport

Well before travelling, please ensure that you have a current passport, with an accurate photo, that is valid for at least six months after your scheduled return home. Also check that your airline tickets are in exactly the same name as your passport. Some countries may require that you have a return air ticket, or have sufficient funds to purchase such a ticket.

Insurance

On all our holidays you must have comprehensive travel insurance that covers you for medical costs associated with hospitalisation, emergency travel and repatriation back to your home country. Please take your insurance policy with you when you travel. Peregrine is able to recommend a policy for you. You may take other cover, of course, but we require you to be adequately insured before we can allow you to participate in our programmes. Your Peregrine leader will need to see and record your policy details at the pre-tour briefing, so please bring a copy along to the meeting. If you arrive without travel insurance your Peregrine Leader will require you to purchase a policy before you continue your journey with us.

If you are covered by a policy arranged through your credit card company you will be asked to provide evidence of this cover, as well as a 24-hour emergency contact number. Many credit card companies do not provide an insurance policy number. In this instance, the Peregrine leader will need to record your credit card number, as this is required to activate any request for emergency assistance. You should also bring along the travel insurance information booklet provided by your credit card company. It is your responsibility to ensure that you meet the requirements set out by your credit card company in order to be effectively covered and that the cover offered is of a suitable standard.

Visas

Bolivia: Australians, British, Canadians and New Zealanders currently do not require a visa for Bolivia. US citizens are now required to obtain a visa for Bolivia prior to arrival. For all other nationalities please reconfirm your visa requirements with your travel agent.

Peru: Australians, Americans, Canadians, British and New Zealanders do not currently require a visa for Peru. For all other nationalities please reconfirm your visa requirements with your travel agent.

It is your responsibility to ensure you have all required visas for your trip. Rules and regulations governing the issuance of visas are constantly changing, and vary for different nationalities and you should check visa requirements with your travel agent or relevant consular authority well before travel.

Vaccinations

Please consult your doctor or nearest vaccination centre to see if any of the below listed vaccinations are required. If you receive a vaccination, it should be recorded in your yellow 'International Certificate of Vaccination' booklet. This will be your proof of vaccination. The list below is by no means complete and only your doctor or vaccination centre can provide you with the latest up-to-date information:

Typhoid

Polio

Tetanus

Smallpox

Gamma Globulin or Havrix (against Hepatitis A)

Hepatitis B

Yellow Fever

Remember, if you are returning to your home country from a Yellow Fever declared region, you may be required to show proof of vaccination to your own national authorities at the airport.

About this information

It is important that you should read these notes in conjunction with the detailed trip specific **Pre Departure Information**. This information is supplied to you at the time of booking and contains extensive information about subjects such as climate, clothing and gear, medical and visa matters, currencies, and other information about the countries visited.

The information provided here is given in good faith and has been compiled with all reasonable care. However, things change and some of the information may become out of date. Please keep this in mind when you read it and check with us if you want to be sure about something. The document was correct at time of printing, but you can check online at www.tarotjourney.com.au for the most up to date version. If you have any queries, please contact **Linda Marson on 0404 508323**, your travel agent or Peregrine staff in Australia. We are here to help you!



Tour Reservation Form



Tour	Spiritual Adventure Tour of Peru and Bolivia
Date	28 September – 13 October 2009 Jungle option: 2 additional days 26 – 28 September 2009
Cost	\$3,350 per person twin share LAND ONLY (domestic and international airfares and taxes are additional, with the exception of the flight from Lima to Cusco). Single supplement: \$450 Jungle extension: an additional \$1,150 (includes domestic airfares and three nights' accommodation). No single supplement
Name (as written on your passport)	Title: Surname:
	First name(s):
	Sex: <input type="checkbox"/> M <input type="checkbox"/> F Date of birth: / /
Passport details (as per passport)	No: Place of issue:
	Date of issue: / / Expiry date: / /
Address	
	City State Postcode
Tel	AH: () BH: ()
Email	
Medical conditions	
Dietary requirements	
Emergency contact	Name: Tel:
	Address:

All travellers over the age of 60 will be required to complete a special Peregrine health and fitness questionnaire to assess their suitability for the tour. All travellers over the age of 70 must additionally provide a doctor's letter clearing them for the tour.

Payment of deposit:

Attached is my cheque/money order for **\$400** as deposit on this tour (payable to Peregrine Adventures).

Please indicate whether you want to include the 2-day jungle extension in your tour: Yes No

Please charge my credit card \$400 as deposit on this tour:

Type of card: Visa Mastercard Card No: _____

Name on card: _____ Expiry date: _____

Final payment:

You must pay the full balance of your trip's cost by **26 July 2009**.

Please fax your completed reservation form to **03 8601 4422 (+613 8601 4422)** or post to:

Andrew Dwyer, Groups Consultant, Peregrine Adventures
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