



## PERU

### FLAVORS & CULINARY TRADITIONS



A gastronomic tour of Lima, Cusco, the Sacred Valley and magnificent Machu Picchu

- DURATION:** 9 days, 8 nights  
**SEASON:** April through December  
**DEPARTURES:** Guaranteed with a minimum of 4 participants  
**TRIP RATING:** Gastronomic, Cultural & Archaeological Tour, [Grade \(II\)](#): This first-class adventure is an activity-oriented culinary program featuring optional daily walking tours through villages and Inca sites (2-3 hours in duration at elevations above 8,000'). Although the trip reaches a high point of 12,350', the itinerary has been designed to allow gradual adjustment to the altitude while enjoying the incredible experiences of Peru.
- 2024 DATES:** On request for a minimum of 4 participants any week during the season

#### INTRODUCTION:

Awarded South America's Leading Culinary Destination in 2023 by the World Travel Awards, Peru, considered among the 10 most biologically diverse countries in the world, is a rich melting pot of flavors, traditions and agriculture. The country's expansive history helped develop an unbelievable culinary fusion with flavors ranging from Spain, Italy, Africa, Japan and China to the Incan roots of the Peruvian highlands. Taste your way through Peru while exploring the entrancing wonders of the Incan empire, Machu Picchu and the nearby city of Cusco. Spend time with chefs from the diverse food scene in Lima and Cusco while preparing foods in a farm to table fashion. Explore the ancient ways of farming, continued for centuries because of the astonishing success and varied crops, while learning about native varieties and their nutritional content. The *Flavors & Culinary Traditions Tour* is sure to delight foodies worldwide, while offering a touch of adventure in Machu Picchu.

#### TRIP HIGHLIGHTS:

- Enjoy the finest restaurants of Lima, the Sacred Valley and Cusco, among the best in South America
- Discover Peru's incredible diversity of food and culture during typical market visits
- Get creative in the kitchen with an experiential cooking demo and class
- Learn how to make Pisco Sours and Ceviche, two icons of Peru's gastronomic scene
- Witness the Sacred Valley's Andean heritage and culinary traditions up close and personal
- Visit Moray, an agricultural center, where Incas experimented with crops in different eco-systems
- Learn about Peru's more than 3800 varieties of potatoes and other native foods
- Watch the ancient citadel of Machu Picchu emerge from the clouds and experience its magic

# Peru: Flavors & Culinary Traditions

## DAY-BY-DAY ITINERARY:

### DAY 01: USA / LIMA

Upon arrival to Peru's capital city of **Lima**, a Southwind representative will meet you at the airport. From here, it'll take 45 minutes driving to the coastal Miraflores district of Lima where you'll be assisted with your check-in to the [JW Marriot Hotel](#). The hotel is located across from Larcomar promenade overlooking the Pacific Ocean. Depending upon your arrival time, reservations may be made at a top restaurant in Lima for your first gastronomical experience in the culinary capital of South America.

### DAY 02: CULINARY TOUR OF LIMA

Today, enjoy a true taste of Lima during a **culinary tour of the city** with a friend and foodie specialist. She will bring the local culinary scene to life at a nearby market where you'll savor the aromas, textures and intense colors surrounding you. You may recognize some of the fresh ingredients including ears of corn, varieties of peppers, multicolored potatoes and seafood while some of the varietals and juicy fruits from the Peruvian rainforest will broaden your foodie list of new tastes. Try out newly acquired Spanish phrases from your travels with the friendly market vendors and local people. After the market, visit two renowned restaurants to try some typical appetizers from different regions of Peru. A visit to a **Cevichería**, for a taste of Peru's signature dish, ceviche (made of fresh white fish marinated in lime juice) and then the **Amaz Restaurant** for a tropical taste of Amazon appetizers. Following this experience, join a light cooking demonstration in one of Lima's top restaurants, where you will also enjoy lunch and Pisco Sours. These are Peru's signature cocktails, with *Pisco* as the base liquor mixed with key lime juice, syrup, ice, egg white, and Angostura bitters. In the afternoon, walk around the bohemian and traditional neighborhood of **Barranco** with a visit to the Chocolate Museum in adjacent **Miraflores** for some sweet delights. You'll learn how chocolate is made from Peruvian cocoa beans and satisfy the late afternoon sweets craving in their bean-to-bar chocolate factory. This evening has a welcome dinner at one of the finest restaurants in the city: **Huaca Pucllana**, located amidst the Pre-Columbian archaeological site of the same name. Here you'll experience Peruvian flavors with a touch of contemporary international cuisine. You may try the steamed seabass served on its fumet with aromas of Peruvian yellow pepper, sliced potatoes and rice with corn or try another exciting dish from the menu. Your day will end with beautiful views of the Pacific Ocean at the relaxing [JW Marriott Hotel](#). (B,L,D)

### DAY 03: LIMA / CUSCO / SACRED VALLEY

Early this morning you'll be transferred to the airport to check in for the spectacular, one-hour flight over the Andes to **Cusco** (11,150'), the archaeological capital of the Americas. Upon arrival at the airport, our guide will meet you and drive you one hour to **Pisac** in the lower elevation of the **Sacred Valley of the Incas** to help acclimate you to this high altitude environment. En route, stop at the interpretation and textile center, Awana Kancha. Here you can learn about ancient weaving traditions and the South American camelids (llamas, alpacas, vicuñas and guanacos). Continuing the descent into the warm valley, the next stop is in the town of **Pisac** (9,708') where we walk among typical houses and artists' shops offering colorful handicrafts. At the nearby **Hacienda Sarapampa**, your experience continues with a delightful Andean lunch. Here you'll have the chance to learn about the cultivation of the Giant White Corn. This particular variety of corn, endemic to the Sacred Valley, has adapted to the unique conditions of these mountainous lands. Afterwards see the unbelievable adaptation of the Incan people as you tour Pisac's impressive Incan ruins, visiting several sections of the hill-top site to observe dozens of agricultural terraces. When complete, continue your private transfer to **Urubamba** and check-in to the charming Andean hacienda-style Relais & Chateaux property, [Sol y Luna Lodge & Spa](#) (9,430'). This evening you will have a cooking and tasting demonstration of well-known Creole and traditional dishes of Peru with Chef Nacho Selis, before the dining experience in their **Wayra Restaurant**. We recommend the *Lomo Saltado*: fine strips of Alpaca steak stir-fried with onions, tomatoes, yellow peppers and garnished with chickpeas and deep-fried banana or plantain. Cap your evening off with a congenial conversation by the open fireplace before retiring for the night. (B,L,D)

### DAY 04: CHINCHERO / MARAS SALT MINES / OLLANTAYTAMBO

This morning, after a fresh and nutritional breakfast at the hotel, we drive you back up to the highlands to enjoy the panoramic views of the snow-capped Urubamba mountain range including Mount Veronica and Pitusiray which are both over 18,000 feet high. Arrive at **Chincho** (12,335'), a charming community characteristic of Andean towns combining both Incan and colonial architecture. This region is known for growing potatoes, wheat and barley and you will see the Andean crops and tilted farmlands along the way. The late morning will bring the concentric terraced ruins at **Moray** which served as an agricultural center where the Incas experimented with acclimatizing and domesticating crops. Nearby, beginning in **Maras**, you will do a 1.5 hour gradual downhill hike to the Inca Salt Mines. A series of over 2,000 terraced mountainside pools fed by natural springs. These mines are still worked by local families today. Next descend by private vehicle into the valley where a delicious Andean lunch will be waiting for you on the historic **Hacienda Huayoccarí**. Here you'll have a

## Peru: Flavors & Culinary Traditions

chance to sample a variety of native delicacies including several types of potatoes, quinoa (sacred to the Incas, referred to as the “mother of all grains”), fava beans, and perhaps a taste of *cuy* (a savory meat roasted with a variety of herbs traditionally used in fertility celebrations). Afterwards, we’ll drive you past burial tombs and ancient farming terraces still used today to grow corn and beans. As we near the town of **Ollantaytambo**, take the opportunity to understand how *chicha* is produced and try this traditional drink made of fermented corn. In town, visit the main plaza and some of the side streets of this unique community which still retains the original street plan and foundations designed by the Incas. Explore the base of the impressive terraced remains of the Sun Temple before returning to the peaceful comforts of the [Sol y Luna Lodge & Spa](#) in **Urubamba** to relax and unwind. Dinner is on your own tonight, and we recommend either the Hotel’s **Killa Wasi Restaurant** (house of the moon), where diversity, sophistication, and a perfect pairing of food and wine co-exist, or the exquisite cuisine of the nearby **Hawa Restaurant** (at the Tambo del Inka Hotel), featuring Andean and International Cuisine with the use of local produce. (B,L)

### DAY 05: SACRED VALLEY / MACHU PICCHU

Early this morning we will drive you down the valley to **Ollantaytambo** to catch the **Vistadome train** for the 1.5 hour ride to Machu Picchu town (formerly Aguas Calientes). Ascending to **Machu Picchu** (7,973') by bus, you'll join our expert guide for a private tour of this superb archaeological site. Perched atop a crest high above the meandering Urubamba River and surrounded by rugged, green Andean hillsides, Machu Picchu stands as more than just the jewel of Inca architecture. It represents the perfect union of human engineering and the natural environment-- a city in harmony with its surroundings. Your explorations of *The Lost City of the Incas* include all of the various sectors of the ruins: the industrial area, the Temple of the Sun and the Royal Tomb, the ceremonial water fountains and baths, and the Sacred Plazas. The terraced fields on the edge of the site were once used for growing crops, likely maize and potatoes and were filled with soil brought from other places. Here you can learn about the ancestral agricultural techniques, irrigation systems and rotation of crops. Lunch is included at the **Sanctuary Lodge's** Tinkuy buffet restaurant, a privileged location right next to the entrance of Machu Picchu. Afterwards, take a 30-minute walk to the impressive **Inca Drawbridge**, an ingenious construction. The drawbridge itself is a natural gap in the stone-paved trail which the Incas used to prevent unwanted visitors from crossing. The gap was bridged by logs which could be withdrawn easily. In the late afternoon, you'll return by shuttle bus down to the village and check-in to the charming [Inkaterra Machu Picchu Pueblo Hotel](#), a former National Geographic Unique Lodge of the World, situated at 6,627' among 12 acres of cloud forest gardens. Tonight, have dinner at the hotel's charming glass-walled restaurant which offers a blend of Andean cuisine with a contemporary approach, creating innovative fusion-style fare. Taste the paper wrapped trout with lemongrass aroma or the braised beef tenderloin with roasted garlic, Andean chimichurri, mashed potatoes and Marsala sauce and toast with a Pisco Sour to end an amazing day. (B,L,D)

### DAY 06: MACHU PICCHU / CUSCO

Rise early if you wish to return to the citadel (gates open at 06:00) to catch the early morning light as the sun comes over *Intipunku*, or the Gateway of the Sun. Behold and marvel the Machu Picchu site, as you consider the location and the time period in which it was built, almost 600 years ago. There are several optional guided hikes in and around the site for the more active group members. **Huchuy Picchu Mountain**, departing from an access gate, a gradual uphill hike on a newly cleared trail about 30 min to a lookout point at 8,193 ft. At 8,836' **Huayna Picchu**, or Young Peak, offers an optional one-hour climb along a very steep, narrow and exposed trail ends at terraces and ruins on the mountain's top, providing an excellent, bird's-eye view of Machu Picchu. The route ascends steadily uphill approx 1.5 hours (850 ft) on a winding and sometimes exposed trail that has abrupt drops and exposure, so it's not recommended for anyone with a fear of heights or vertigo. A nice less-crowded alternative hike is the **Temple of the Moon** (elev 7,220'). After a 1.5-hours hilly hike on a shaded trail, you end at the mysterious, partially excavated ruins on the backside of Huayna Picchu. Later on, we will meet in town for lunch at the **Sumaq Hotel restaurant**, one of the finest dining establishments in the region. Known for its inspirational Andean roots and its culinary legacy, this restaurant features gastronomic creations blending traditional and exotic ingredients from southern Peru. We recommend checking out the flavored veal stew cooked for boundless hours in a deliciously spicy marinade sauce, accompanied by Peruvian pumpkin. After lunch you'll catch the early afternoon **Vistadome train** for the 1.5-hour scenic journey back to **Ollantaytambo**. We'll receive you at the station and transfer you by private vehicle for 1.5 hours to the elegant and historical [Casa Cartagena Hotel](#) in Cusco (11,150') featuring oxygenated suites and complimentary coca tea to help adapt to the altitude of Cusco. Dinner is on your own to try the nearby **El Tupay Restaurant** at the deluxe Monasterio Hotel. This beautiful setting is perfect for a refined culinary experience, offering French-inspired dishes and bohemian nights with local singers. Chicha and Incanto Restaurants are other more informal options with Andean fusion cuisine and regional dishes, near the lively and lighted main square. No matter your choice, you'll end your day pleasantly before retiring for a good night's rest. (B,L)

## Peru: Flavors & Culinary Traditions

### DAY 07: CULINARY AND HISTORICAL CUSCO

Begin with a culinary tour in Cusco's vibrant **San Pedro market**, where local residents sell a variety of fruits, typical foods, breads, vegetables, herbs, clothing and much more. Identify native products and learn about the Andean super foods such as Quinoa, Yacon and Maca. The former Incan capital still retains ancient walls dating back to the 1400's. At the main square and Cathedral see how stones were taken from nearby Inca palaces. On *Hatunrumiyoc Street*, find a 12-angle precisely carved stone making up an intricate Incan wall. At the Inca's most important temple, the **Coricancha**, learn how the floors and walls were once lined with solid gold. After the exploration, enjoy a delicious meal. You may dine in the refined **Cicciolina Restaurant**, where you can choose from a light tapas bar experience or a fuller sit-down meal, with attractive presentation and Mediterranean influences. Or eat at **Limo Restaurant**, with a fusion of traditional Peruvian cuisine concepts and Japanese influences, specializing in ceviches, tiraditos and the best Pisco sours in town. Afterwards, while above the city, tour the ancient ceremonial pools at Tambo Machay. Say goodbye to the day from the hilltop's spectacular fortress of **Sacsayhuaman** while enjoying a fine glass of wine accompanying the views as the sun sets over the mountains. Tonight, the farewell dinner is at **MAP Café**, encased in a stylish glass capsule within the courtyard of the nearby Pre-Columbian Art Museum. This unique cafe offers a sophisticated Peruvian-French inspired menu. Try one of the chef's recommendations such as the Alpaca tenderloin stew served in its demi-glace, aromatized with a red wine reduction and accompanied with corn purée and sautéed vegetables from the restaurant's organic garden. Overnight at the [Casa Cartagena Hotel](#) with a restful night in your oxygenated room. (B,L,D)

### DAY 08: CUSCO / LIMA / USA

On this tranquil morning, enjoy an Andean breakfast of fresh fruit, freshly baked bread and exotic marmalades. You'll have some time at leisure for personal explorations of Cusco's many colorful craft shops, museums and plazas. For your last culinary adventure, participate in a hands-on experiential cooking class with a chef/instructor of the **Marcelo Batata Restaurant**. Learn how to fix local specialties such as traditional fish ceviche, black quinoa, Tarwi (Andean soybeans) and Peru's famous stir-fry dish Lomo Saltado made from beef tenderloin. You can also try an Alpaca fillet (a low-cholesterol meat). Enjoy some small creole and Novo-Andino appetizers while the class continues. Taste the results of your cooking experience or try other dishes for lunch at the same venue that offers a casual and charming atmosphere. This afternoon, we drive to the airport in Cusco to catch the flight back to **Lima** where you'll check-in for the international flight home. For those departing later in the evening, we recommend dinner reservations at **Central**, under the direction of well-known **Chef Virgilio Martinez** and ranked Best Restaurant in the World in 2023 by the World's best 50 or at **Astrid & Gaston**, owned by most celebrated Peruvian Chef and ambassador of Peruvian cuisine, **Gastón Acurio**. (B,L)

### DAY 09: USA

Arrival back in home country this morning to make onward connections to your final destination.



**NOTES ON THE ITINERARY:** Although we do our best to adhere to the above schedule, this itinerary is subject to change for numerous reasons beyond our control, including group pace and acclimatization, weather, road and trail conditions, restaurant availability, flight delays or cancellations, as well as changes in plane and train schedules. This trip is suitable for healthy participants accustomed to outdoor activities, age 7 and up. The Huayna Picchu ascent is only recommended for kids age 12 and older. **On Day 03**, please note Hacienda Sarapampa doesn't open on Sundays.

**Hotels mentioned in the itinerary are subject to availability at the time reservations are placed.** Southwind has several preferred hotels in each region, so if a particular hotel is sold out for your dates, we will advise you of a confirmed alternative

## Peru: Flavors & Culinary Traditions

property of equal category. At Machu Picchu we stay at the comfortable Inkaterra Machu Picchu Hotel and there will be opportunities to visit the ruins in the early morning before most tourist trains arrive. At Cusco, in the case of overbookings or holidays, we may also use the deluxe boutique-style [Aranwa Hotel](#) (also located near the main square, this restored colonial mansion from the XVI century also brings the added benefit of oxygenated rooms). Distances and altitudes are approximate and travel times indicated do not include lunch breaks, rest or photo stops, time to explore the ruins, etc.

**2024 LAND COST:**      4-6 participants:      from \$6,700 p.p.d.  
                                 7-12 participants:      from \$6,100 p.p.d.  
                                 Single Supplement: from \$1,500

p.p.d.=per person based on double or triple occupancy not including airfare.

**Notes:** End of the year or holiday departures could have a Land Cost surcharge of 10-15%. Please check with your personal Southwind Travel Consultant for more details. Price does not include international or local flights. Southwind ticketing affiliate helps coordinate flights to match your itinerary.

We can also operate this trip on a private basis for 2-3 participants, please contact your Southwind Travel Consultant for specific pricing according to your travel dates.

**ESTIMATED AIRFARE:** The Land Cost DOES NOT INCLUDE ANY FLIGHTS. Southwind's ticketing specialist can assist with all your air travel – providing an airfare quote to match your itinerary, personalized support for seating, monitoring schedule changes and coordinating directly with the airlines if any adjustments are needed. You'll also benefit from access to lower contract fares for some routes. Ask about Business Class which is often a good value flying to Peru (Delta, United and Latam offer lie flat seats in Business). Non-stop flights to Lima are available from these US gateways: New York/JFK (Latam 8 hr flight time), Newark (United 8 hr), Los Angeles (Latam 8 hr 30 min), Miami (American & Latam 5 hr 45 min), Fort Lauderdale (JetBlue 5 hr 45 min), Houston (United 6 hr 30 min) and Atlanta (Delta 6 hr 30 min). Estimated international coach fares are \$600-\$1,000/person and \$350/person for Lima-Cusco-Lima with Latam (part of SkyTeam Alliance). You have the option to arrange your own flights or redeem award travel yourself if you prefer. Tickets should only be purchased after Southwind notifies you that your trip is confirmed. The airlines request that tickets match your passport name. Upon receipt of your deposit, Southwind provides flight booking details for your travel dates.

### SERVICES INCLUDED:

- Comprehensive **pre-departure planning packet** and expert travel advice.
- All **in-country transfers** as scheduled (transfers on different days are additional). Ground transportation in comfortable private vehicles with professional drivers.
- **First-class round trip Vistadome or similar train** from Ollantaytambo to Machu Picchu town. Machu Picchu bus service to/from town and the archaeological sanctuary.
- Local and return flight reconfirmation, **in-country airport check-in and luggage assistance**.
- All **accommodations in first-class (4-5 star) hotels** as listed (or at similar hotels) on a shared basis with private bath. Advanced bookings are recommended if you require double beds (King/queen) for couples, or plan to arrive early or extend your stay.
- All gourmet **meals and tastings** indicated on the itinerary (B=breakfast; L=lunch; D=dinner). **Vegetarian diets accommodated** on request (advance notification required). For other diets, consult your travel specialist before making a reservation.
- All **guided tours** (as listed) conducted on a private basis by knowledgeable, English-speaking native guides (includes entrance fees).
- A local English-speaking guide/escort specialized on Gastronomic tours, is provided for Sacred Valley/Machu Picchu/Cusco segments (Day 02-07). An assistant guide is provided for groups with 9 or more participants.
- Single Supplement provides single room accommodations in all hotels. Due to the limited number of rooms at the boutique hotels making reservations well in advance is recommended.

### NOT INCLUDED

- US domestic, International flights, nor local flights within Peru.
- Tours, meals (at about \$35-60 each per person) or other services not listed on the itinerary.
- Early arrivals, dayrooms or late check-outs at hotels.

## Peru: Flavors & Culinary Traditions

- Alcoholic beverages nor items of a personal nature; such as clothing, equipment, laundry and phone calls.
- Tips to the local staff.
- Expenses incurred in trip preparation such as, but not limited to, non-refundable airline tickets, travel insurance, and additional expenses resulting from flight delays, schedule changes, cancellations, or missed connections.

### OPTIONAL HOTEL UPGRADES:

According to interest, Southwind can quote and reserve these **upgraded accommodations**:

Lima: the elegant 5-star **JW Marriott Hotel** in the Miraflores district overlooking the Pacific Ocean.

Sacred Valley: **Tambo del Inka Hotel** (Luxury Collection) or **Belmond Rio Sagrado Hotel** (both with a heated pool).

Cusco: **Belmond Monasterio Hotel** (Cusco's original historic boutique hotel with oxygenated rooms, colonial arches and fine colonial artwork adorning the walls) or select the newer and luxurious **Belmond Palacio Nazarenas Hotel**.

Machu Picchu: **Belmond Sanctuary Lodge** located at the entrance gate to Machu Picchu.

NOTE: Due to demand, we recommend booking these upgrades at least 4-5 months in advance. Space is subject to availability and cannot be guaranteed. Please see the [Accommodations](#) tab on the trip page for details.

### IF YOU HAVE ONE EXTRA TRAVEL DAY:

**Consider adding a day in Lima for a total of 10 days/9 nights.**

Join our local resident guide this morning for a private tour of **colonial Lima** including visits to the Cathedral, San Francisco or San Cristobal Churches and Casa Aliaga, the oldest residence in the Americas having been home to the same family for 17 generations. Let the Gastronomy Museum lead you through more than 2000 years of culinary richness in Peru. Enjoy a gourmet lunch by the Pacific Ocean at one of the finest restaurants in the city: La Rosa Nautica or Cala. In the afternoon, visit the fascinating **Larco Herrera Museum** with an extensive collection of pre-Columbian artifacts and follow with a Pisco Sour demonstration and tasting. Evening dinner reservations at a top restaurant (Maido, Astrid & Gaston, Kjolle). Then spend the night in the lively district of Miraflores at JW Marriott Hotel. (B,L)

For groups of 4 to 8 travelers a private **cooking class with Penelope Alzamora** in Lima is an option instead of lunch at a restaurant. She will bring you to a local market, fill your basket while savoring the aromas and intense colors around you. Next, join your chef for an in-home cooking class with the items you just purchased. While dicing vegetables you'll learn first-hand about local traditions, culture and history of the Peruvian capital. Of course, you can then sit down for lunch to enjoy your culinary creation!

**Consider adding a day in the Sacred Valley of the Incas for a total of 10 days/9 nights.**

Visit the **Potato Park** in the morning to learn about conservation and sustainable use of native potato diversity while walking along the trails observing the crops and the Andean communal labor system. Experience **Virgilio Martinez's** MIL restaurant with a tasting lunch menu and touring its garden and orchard, an immersion in Peruvian cuisine that requires a half day. Or enjoy a typical lunch and a unique Peruvian Paso Horse show at Wayra Restaurant or indulge in a deluxe picnic lunch and short hike by Piuray or Huaypo Lakes, with a traditional **Pachamanca**, underground barbecuing with hot stones or a Huatia - a traditional Peruvian earthen oven banquet. In the afternoon, visit the Valle Sagrado Brewery and try their delicious IPAs, porters and other locally-inspired brews, while you learn about the growing Peru's craft-beer scene. (B,L)

**OPTIONAL TRIP EXTENSIONS:** Travelers with extra days may wish to extend their trip to the Galápagos Islands, Amazon Basin, Lake Titicaca, Northern Peru, Arequipa & the Colca Canyon or Paracas Reserve and the Nazca Lines on the Southern coast. All extensions require a minimum of 2 participants. To view the extensions on our website, click on '[Extend Your Trip](#)'.

**A TYPICAL TOURING DAY IN THE ANDES:** Days begin early in the Andes as the pace of life often begins before dawn. The weather is typically most favorable in the morning hours, also tour logistics and ground transportation often require an early start. We recommend adjusting to the Andean schedule by going to bed early and rising early as the locals do. Your guide will explain each day's activities the evening or day before so you'll know what to expect, what to take with you, etc. Your day begins with breakfast in the hotel dining room about 06:30-07:30 generally served buffet-style with a variety of cereal, fruit, yogurt, bread, proteins and coffee/tea/juices available (eggs, sausages, omelets, pancakes or French toast are often an option too). Morning tours begin about 08:30 from your hotel. Half-day tours generally last about 3.5-4 hours. When lunch is included, we generally go to a restaurant at about 12:30-1:00 and enjoy the meal for an hour or so. For

## Peru: Flavors & Culinary Traditions

mornings at leisure, you may have breakfast anytime until the restaurant stops serving (generally 10:30). Afternoon touring when included in the itinerary, begins about 2:00-2:30 and lasts until 5:30-6:30.

**Note:** Some time variation for activities and meals should be expected as we adapt plans to each particular day and local weather/road conditions, flight delays, train/shuttle schedules, logistics, etc. If departing before 06:00, you may only be served a light breakfast or perhaps just coffee or tea. In those cases, we can request a box breakfast to go.

### CULINARY GUIDES:

**Claudia Ruiz** – An official guide in Lima with over 20 years of experience leading tour groups in the capital and other regions of the country. A specialist of gourmet tours catering to foodies who want to explore the best of Peruvian cuisine. Her appetite for the culinary arts started 10 years ago after realizing Peru's culinary scene was changing and becoming a top World Gastronomic Destination. During the tailor-made culinary tours she leads, Claudia introduces Peru's array of flavors to participants through visits to local markets, classic eateries as well as high-end restaurants, making sure each experience satisfies traveler's gastronomic and cultural cravings. At home Claudia enjoys cooking traditional stir-fry Lomo Saltado with her family and teaching her children about the bounty of the local cuisine.

**Penelope Alzamora** - Penelope grew up in Peru but received her education abroad, getting a degree in hospitality at Newbury College outside of Boston, learning culinary arts at Johnson & Wales in Rhode Island and then teaching about Peruvian cuisine at Tante Marie Cooking School in San Francisco. Additionally, she and her family opened the restaurant Bohemia Café y Más in Lima, where she worked in the kitchen for years, partnering with famous Peruvian chef, Gastón Acurio during that time.

**Fredy Cayo** - Native to Cusco, Fredy leads travelers into the Inca heartland through all five senses, especially taste. His forte is culinary tours featuring visits to local markets, fun discoveries at food tastings, and hands-on cooking encounters. With over 15 years of experience and a degree in Tourism Fredy is one of Cusco's most seasoned certified guides. He impresses with his strong grasp of English, Spanish and Quechua, the native language of the Peruvian highlands which helps to enhance cultural interaction. He is a seasoned hiker, a family man, and a former restaurateur (he used to own and run a well-known restaurant in the Sacred Valley of the Incas), who can always find ways to relate and connect, giving each of his trips a personalized flavor.

**WEATHER:** Much of the Flavors & Culinary Traditions Tour takes place where atmospheric conditions can change suddenly. Guests must be prepared for all possibilities ranging from intense sunshine to rain, cold, and/or wind. Generally, the **Andean** climate during the months of April-November is clear, dry and cool, but time is included in the cloud forests on the eastern slopes of the Andes, so **rain should be expected any month**. Brief hail, sleet or snow storms might also occur at the highest elevations mostly during the rainy season, January through March. Andean nights are cold while the days are pleasant and springlike. **Cusco** has daytime highs in the mid 70's and nighttime lows in the upper 30's. The **Sacred Valley** is about 10-15° warmer. The daytime temperatures at **Machu Picchu** are hot (80-85°F) with mild nights (lows around 45-50°F) and the likelihood of rain is high. Expect showers or mist on most departures. The sun is quite intense at these elevations and a good sun hat along with sunscreen is needed to prevent severe sunburn. Insect repellents such as Skintastic or Skin-so-Soft or long pants are a wise choice to guard against the no-see-ums at Machu Picchu.

**TRAVEL INSURANCE:** We strongly recommend purchasing coverage to protect your trip investment. Travel insurance is important in case of unexpected events prior to departure causing the need to cancel or change your dates. Weather, natural events, medical reason, quarantine, local strikes, personal injury/illness (for you, your traveling companion or family members at home), could require itinerary interruption or changes. Missed connections, delayed arrival, lost/delayed baggage or the need for medical attention or evacuation are also reasons why coverage is important. Southwind recommends **Travel Insured International** which offers coverage options at a good value. If you, your traveling companion or a family member has a pre-existing medical condition, you can still receive coverage if a recurrence of the condition forces you to cancel your trip, but you do need to purchase a plan **within 21 days of your deposit**. Southwind can provide eQuote for insurance to review upon receipt of your deposit and Trip Reservation eForm.

[Learn more about coverage offered by Travel Insured International](#)

**HOW TO SIGN UP:** Please complete Southwind's [Trip Reservation eForm](#). There are fields for up to 6 travelers per form with the same address. The deposit is **\$1,500 per person**, [please click here to pay your deposit](#) by any major credit card through our secure CardConnect system. In the total amount due box, enter your deposit amount (without a comma) based on the number of travelers in your party. If you prefer, you can also call us at 1-800-377-9463 to make payment

## Peru: Flavors & Culinary Traditions

arrangements by phone or send a check. You will receive confirmation of your deposit.

Due to the popularity of Machu Picchu and the limited number of visitors, we recommend making reservations at least 4-5 months in advance for non-holiday or about 1 year prior for holiday departures. Once your trip is guaranteed to operate, you will receive comprehensive pre-departure planning documents by email.

**Land Balance:** Final payment is due 120 days prior to departure by Visa, MasterCard, Discover, American Express, check, or electronic funds transfer. You can split your balance on two cards. You will receive a trip invoice indicating your balance and a secure payment link.

Cancellation Fees and other policies are outlined under the current [Terms & Conditions](#) on Southwind's website.

**We look forward to having you travel with us in Peru!**

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