

Peru Aventura Loca

designed for

**Locas
Only**





What To Expect

Embark on an extraordinary journey with your Locas Only host, Fernanda, who has crafted the perfect adventure for adventurous souls seeking an escape from the ordinary. This trip to Peru is a fusion of exhilarating challenges, serene yoga sessions, and cultural immersion in the enchanting landscapes of Machu Picchu, the Andes, and the awe-inspiring Amazon Rainforest.

Join a tribe of like-minded women as we trek the iconic Inca Trail, pushing boundaries and conquering new heights together. Picture yourself practicing yoga amidst the breathtaking scenery of the Sacred Valley, a sanctuary for relaxation and restoration. Immerse yourself in the vibrant culture of local Peruvian communities where we will weave together (literally!) textiles and connections that will last a lifetime.

Our journey is not only about outward exploration; it's about self-discovery, healing, and celebrating the spirit of the new you! At Locas Only, we believe that every adventure begins with self-acceptance, acknowledging your worth, and embracing the inner keys to achievement and success. With our Locas Only hosts guiding the way, you'll gain the courage, insights, and tools to land with emotional strength, all while exploring the sacred land of the Incas!



The Itinerary

The following itinerary just acts as a reference, although we'll try to stick to the itinerary as best as we can! The schedules and activities that are listed here may vary due to weather conditions or by common consent of the group. At Locas Only, we don't like to set things on stone, as we believe that traveling should be a mindful activity that adapts to our present feelings and requirements. We like to leave some room for unpredictability and spontaneity! That's what life is all about at the end of the day :)



DAY 1: WELCOME TO PERU!

Arrival in Cusco

Welcome ladies... to the mystical land of the Incas, of Ceviche & Pisco Sour, of never ending waves, golden sand dunes, magical mountains and lush jungle.

YOU MADE IT!! Wherever it is you came from in the world, I am sure it was not an easy (or short) trip so we want to start off by congratulating you for embarking on this journey of a lifetime!

And what better place to begin this journey than in the former capital of the Incas: **CUSCO!**

We will be staying in the bohemian neighborhood of **San Blas**, where you will be meeting with your Locas Only guides at 11:00 a.m. in the hotel lobby for check-in. After showing you to your room and settling in, we'll have free time to grab some lunch and / or explore around the city.

At 3:00 p.m. we will meet again for our **Welcome Women's Circle** at the **Q'enqo Forest**, where we'll have the chance to connect with each other for the first time. This will also be a good opportunity for the guides to do a little briefing on the trip's itinerary as well as a general introduction to the country.

Just before sunset, your Locas Only guides will take you to the **Cristo Blanco** lookout, from where we will take in the most spectacular views of Cusco as the sun sets off.

We will wrap up our first day in Peru with a welcome dinner at one of the most iconic restaurants in Cusco, where we will delight our senses with the most delicious Peruvian food (trust me, you will never get tired of this!) as we reflect and cheer on our first day in Peru!

- Home away from home: Quinta San Blas
- Meals included: Dinner
- **Highlights of the day:** ARRIVING IN PERU!, Meeting each other, Welcome Circle at Qenqo, Sunset at El Cristo Blanco, food (always!).

*** Airport transfers are not included in the package. If you wish to be picked up by one of our Locas Only representatives, please send us an email at info@locasonly.au so we can organise a timely and safe pickup for you. :)



DAY 2: CUSCO - THE CITY OF THE INCAS

*How the f**k did they build these things!?*

Hola Locas! Today we'll get to fully immerse ourselves in the city that has given us shelter for the most part of the trip: Cusco. After filling up our hearts and bellies with a delicious brekkie, we will proceed to burn it all off on a guided walking tour of Cusco where we will visit all of the must-see attractions of the city: the vibrant market of **San Pedro**, The **Coricancha** Inca temple of the sun, the iconic **Cusco Cathedral** and probably the highlight of it all, **Sacsayhuaman**, the largest structure ever built by the Incas.

We Will learn a lot about Inca history, their astonishing engineering skills and their connection to Mother Nature in everything they do. Get ready for your jaws to constantly drop with all the shocking things you will see that have absolutely no explanation!

Once the tour has been completed, the remainder of the day is left for you to spend at your **own leisure**. You will have some free time to relax in your room, take a power nap, drink a nice warm coca tea or whatever it is your body is asking you for (listen to it!). Having said that, we highly encourage you to use this time to purchase any last minute goodies you might need / have forgotten for your Inca Trail hike.

At around 6pm, our wonderful tour guide for the Inca Trail will meet us at our accommodation for a short but sweet safety briefing about the hike we are about to embark on. This will be your chance to ask any questions about the trail as well as rent any extra equipment such as inflatable mattresses, sleeping bags and trekking poles.

You will all then have time to go out for a carb-loading dinner to your restaurant of choice. An early night is highly recommended as we will have a very early start the next day and lots of walking to do!

- Home away from home: Quinta San Blas
- Meals included: Breakfast
- **Highlights of the day:** Cusco City Tour, learning about Inca History, Free afternoon in Cusco, shopping, exploring,



DAY 3: INCA TRAIL DAY 1- LET THE ADVENTURE BEGIN!

Cusco — Km 82 — Patallacta — Ayapata

Wakey wakey...! The day has finally arrived for us to follow in the steps of the Incas towards the ancient citadel of Machu Picchu! It's a very early rise today, we are not going to lie. But it's going to be VERY worth it. That's not a lie either!

Our day will start with a 4:30 a.m. pick up (I know, I know... it will be worth it, trust me!). As we begin our drive down into **Ollantaytambo**, we will stop for a loaded brekkie right before driving all the way down to **Km 82 (Piskacucho)** where our scenic trek along the south bank of the Urubamba River will begin. Before starting the hike, you will be asked to show your original passport, so please have it handy when we reach km 82.

Mixed feelings of nervousness and excitement will begin to arise as we start our hike towards the first Inca Site of the trail: **Patallacta**. From here, it takes approximately another 2 hours until we reach our celebratory lunch stop destination. This will be your first meal on the trail... I can't wait to see how your taste pallets rejoice with flavors! Any expectation that you had from the food will be completely exceeded. And I will stop writing now because I don't want to spoil the surprise for you!

After lunch, we will continue our gratifying hike for 2½ hours more (depending on the pace of the group), passing through 2 small local communities where you will be able to purchase some snacks or drinks before reaching our first campsite for the night: **Ayapata**.

We aim to arrive at 5:00 p.m, which will give us enough time to settle into our homes / tents, freshen up and have a hot coca tea or drink of your choice with your friendly team of porters, chefs, guides and girlfriends. Shortly after, a sumptuous dinner will be served in the TreXperience style that will leave you ready to jump into your sleeping bags and call it a (wonderful) day!

- Hiking Distance: 14 kms (8.7 miles)
- Time: 6-7 hrs
- Campsite Altitude : 3300m (10,826 ft)
- Maximum Altitude: 3300m (10,826 ft)
- Grade: Moderate
- Meals: Breakfast, snacks, lunch, afternoon tea, dinner.
- **Highlights of the day:** crossing the Inca Trail sign, meeting the TreXperience team, the FOOD (OMG), making it to camp!



DAY 4: INCA TRAIL DAY 2 -YOU'VE GOT THIS, LOCAS!

Ayapata — Warmiwañuska — Chaquicocha

Rise n' shine in the middle of the Andes Mountains as you get ready for the most challenging day of the hike. Today's the day when you will push yourself to your limit, where you will conquer your insecurities and fears as you climb up the highest peak in all of the Inca Trail: **the Dead Woman's Pass**. Yep, you read it right. We are not kidding, that's the real name. But don't let that scare you, on the contrary, let that excite you! You will feel just like the Phoenix (or should I say the Condor?) rebirthing from the ashes, as you stand 4,215m above sea level hugging your 13 new soul sisters as you all scream out into the Andes: **"WE MADE IT!!!"**

From here, it will all just be an easy downhill ride for most of us. If you have sensitive knees or a bit of vertigo from the altitude, for which we recommend to go slowly and mindfully, also allowing you to take in all the stunning scenery of the Andes along the way. Whatever pace you choose for yourself, we will all arrive at our designated lunch meeting point, where we will indulge in all things Peruvian cooked with love by our talented team of chefs.

Sit down, eat and enjoy. But don't eat just TOO much... because we are not done for the day just yet! We still gotta walk approximately 1½ hours more to reach our campsite for the night. We will climb a bit more as we reach the Runkuraqay Pass at 4,000m. Trust me when I say that this will feel easy peasy lemon squeezy after what we've climbed in the morning!

Our camp will be ready for us thanks to our incredible porters, who will receive us with both drinking water as well as a water basin to use as a "shower" lol... There's a VERY cold shower on this campsite which the brave ones (and the most LOCAS) are free to use if they wish! Feeling clean and settled in our tents, we will eat a nourishing dinner before we head off to sleep under the beautiful mountain night sky.

- Hiking Distance: 16kms (9.94 miles)
- Time: 10 hrs
- Campsite Altitude: 3600m (11,811 ft)
- Maximum Altitude: 4215m (13,829 ft)
- Grade: Moderate to Hard
- Meals: Breakfast, snacks, lunch, afternoon tea, dinner.
- **Highlights of the day:** reaching the highest peak in the trail with your team of locas: The Dead Woman's Pass and EATING delicious food as a reward :P

DAY 5 - INCA TRAIL DAY 3: ALMOST THERE...!

Chaquicocha — Phuyupatamarca — Wiñaywayna

Good morning, adventurous LOCAS! I have great news for y'all: The hardest part of the trail is DONE and dusted!! Today, wake up to a rewarding sunrise as you enter into what's known as the easiest, most beautiful, relaxing day of the whole Inca Trail. After brekkie, we will hike for 2 hours along what the guides like to refer to as the **"Inca flat"** which translates to "lots of ups and downs". This gradual incline will take us from mountain scenery and into the jungle, known as the **Cloud Forest** (this is one of the few things that you can only experience by walking the Inca Trail!).

We will then make our way up to the last peak at Phuyupatamarca from where we'll be able to get a first glimpse of Machu Picchu Mountain, although the site itself will be hidden. From Phuyupatamarca we will descend for approximately 3 hours, visiting 2 Inca ruins, Phuyupatamarca (Town in the Clouds) and Intipata (Terraces of the Sun).

We will then have arrived to our last campsite on the trail (*cries*), which is located right next to **Wiñay Wayna**, the most spectacular Inca site on the trail and a Locas Only favorite. After lunch, you will have some time to chill and then your awesome guides will take you on little hour visit to this beautiful site which we like to refer to as the **"Mini Machu Picchu"**, as its archeological design and location resembles that of Machu Picchu BUT without the crowds!! How good is that?!

After explaining the historical and spiritual significance of the site, your guide will let you in on a dirty little secret that not many people know about... there's a little waterfall down the bottom of the site where you can go for a swim if you are feeling like a cold ice bath immersion! It's hard at the start but, trust me when I say you will feel absolutely AMAZING after you do it!

We'll then head back into camp, where we will take part in an Inca Trail traditional **thanksgiving ceremony** where we tip our team of guides, chefs and porters as a way of showing our appreciation for their kindness, encouragement, enthusiasm and rock solid backs! Always keeping in mind that our experience wouldn't have been the same if they weren't there to share their knowledge with us, feed us daily with delicious food, and carry all the weight of our backpacks on their shoulders!

After the ceremony, the team will continue doing their outstanding job by spoiling us with a massive farewell FEAST which will make us sleep like babies and dream with Machu Picchu!

- Hiking Distance: 10kms (6.2 miles)
- Time: 5-6 hrs
- Campsite Altitude: 2600 m (8530 ft)
- Maximum Altitude: 3600 m (11811 ft)
- Grade: Easy (mostly downhill)
- Meals: Breakfast, snacks, lunch, afternoon tea, dinner.
- **Highlights of the day:** Wiñay Wayna the "Mini Machu Picchu", Cloud Forest, Inca ruins, thanksgiving ceremony, farewell feast

DAY 6: INCA TRAIL DAY 4 – MACHU PICCHU IN ALL ITS GLORY

Wiñaywayna — Machu Picchu — Huaran

Waking up at 3:30 a.m. would be unacceptable for most people in the majority of circumstances, but not when the reason being is to be the first ones to cross the **Sun Gate** to Machu Picchu! Who's with me?!

Trust me, you'll be so excited about this that waking up won't even be an effort. 😊 We'll then say goodbye to our awesome team of chefs and porters (*cries again*), turn our headlights on and make our way to the checkpoint, just a few meters away from the campsite. We'll patiently wait there until they open the gates at 5.30 a.m. From there, a gorgeous path will lead us towards the iconic Gate of the Sun and the moment we've all been waiting for: **MACHU PICCHU IN ALL ITS GLORY.**

We'll stop here for a moment to take in the mesmerizing, panoramic views of the Machu Picchu ruins, taking a moment of gratitude for our team, our beautiful environment and ourselves for getting us to where we are standing right now. Keeping this feeling of gratitude and joy, we will trek downhill for another hour to reach the Lost City of the Incas. We'll have time to take some photos (although the camera won't be able to capture what we've experienced these past few days!) and then we will begin our 2 hours private guided tour through Machu Picchu, where we will learn about the history of the site, as well as its astronomical and spiritual significance.

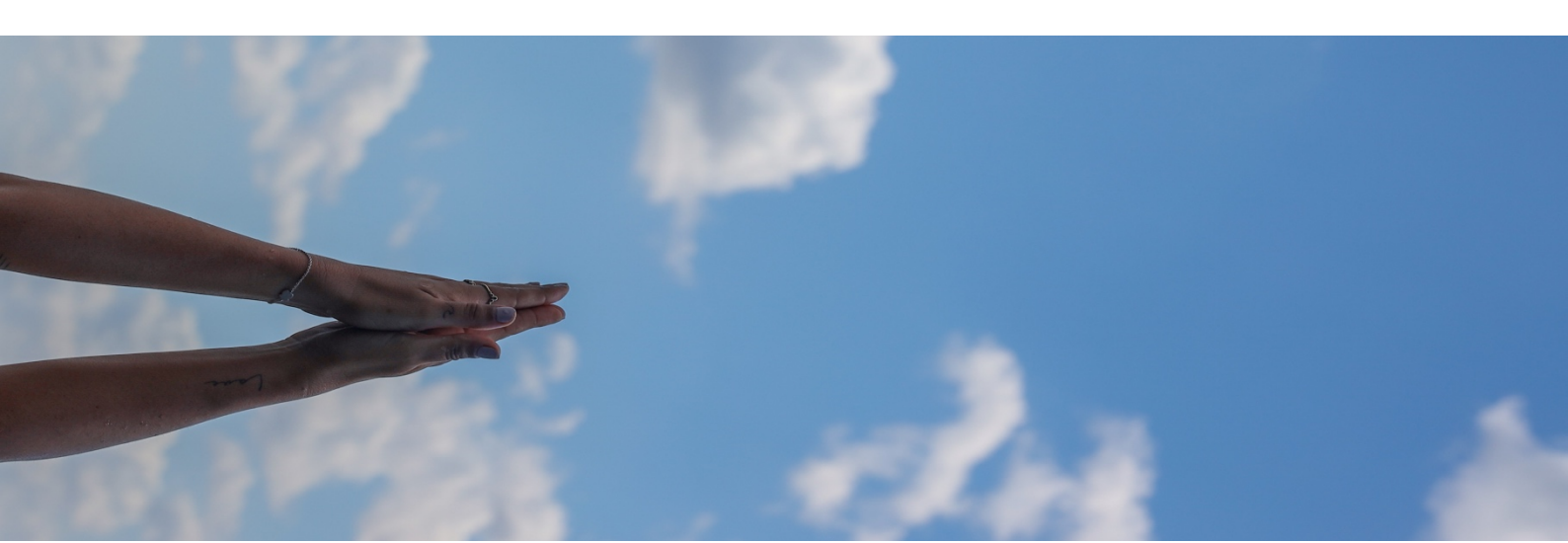
Upon completion of the tour, those who have purchased the **Huayna Picchu** optional tour will proceed to make their final climb. The rest of us will make our way down to Aguas Calientes by bus, where we will have time to explore the city at our own peace, buy some souvenirs, etc. We will all gather back together for our final lunch with our guide, where we will celebrate this accomplishment with some cheeky Pisco Sours!

And just when you thought it was over... it's time to start hiking again! Or did you think we were going to be like those other lazy tourists that take the incredible scenic train back to Ollantaytambo?! (Actually, we are those lazy tourists, there's NO WAY our legs can take more walking and also no way we'd miss out on this splendid ride!) The **train ride** will finish in Ollantaytambo from where we will be transported by private vehicle onto our well-deserved home for the next few days: **Samadhi Sacred Valley**. We will be welcomed by Fernando, the friendly owner of the center, who will show us to our rooms and welcome us with a nourishing dinner prepared with organic ingredients from its own eco garden. After dinner, you know what's coming: SLEEP. Deep, long, restoring sleep. Sweet dreams my locas Zzzzzzz...

- Hiking Distance: 6 kms (3 miles)
- Time: 2 hrs
- Maximum Altitude: 2700 m (8858 ft)
- Grade: Easy (mostly downhill)
- Meals: Breakfast, dinner
- **Highlights of the day:** waking up at dusk, crossing the Sungate, reaching Machu Picchu, scenic train ride from Aguas Calientes to Ollantaytambo, arriving in Samadhi.

"Hiking the **Inca Trail** was an empowering journey that not only challenged me physically but also held my spirit, supported by the incredible porters, our guide, the sisterhood of the group, and the majestic mountains, making it a truly **transformative and soul-nourishing experience.**"





DAY 7: REST & RESTORE @ SAMADHI SACRED VALLEY

Integration day

Girls... you earned it. A much-needed **rest day** at a spiritual sanctuary nestled in the heart of the Sacred Valley. A full day dedicated to relaxing, to nourishing our minds, bodies and souls, to integrating everything that we lived on the trail and also a day of reliving it all again.

We will kick off the day with **absolutely nothing**. Sorry but who wants to wake up to the sound of a horrible alarm when you can wake up to the hummingbirds?! Today is sleep in day - we all deserve it! (us, guides, as well lol). Having said that, we will meet for our first wholesome brekkie altogether at 9am.

You will then meet our host Fernando, who will do a little introduction & guided tour of the venue. He will explain the sacred philosophy of **Samadhi**, the principle of the chakras, the ancient **wisdom of the Incas** and the connection to our ever-present **Pachamama**.

You will then have some **free time** to chill, journal, read, wander around the center or do whatever it is that your body is calling you to do.

At 1 p.m, we will all share a delicious meal together made with ingredients carefully picked from the garden. You will then have more free time before we meet at 4:30 p.m. for our first juicy **Sunset Yoga Class**.

After stretching all of our muscles and calming our monkey minds, we will then have some free time to relax and unwind before dinner (7pm). And just when you think the day is over... my locas, you are in for a treat. Our day will finish off with nothing more and nothing less than a soothing **Sound Healing Session** that will take you to another dimension and (hopefully) make you sleep like a little baby llama :)

- Home away from home: Samadhi Sacred Valley
- Meals included: Breakfast, Lunch, Dinner
- **Highlights of the day:** Yoga in the Andes, sleeping & relaxing, Women's sharing circle, Sound Healing



DAY 8: YOGA, EAT, SLEEP, REPEAT

Connecting to Pachamama (Mother Earth)

We'll wake up to the sound of beautiful hummingbirds, as we make our way to the awe-inspiring shala for our **morning Yoga practice** (7:30 a.m.) After 90 minutes of full connection to our mind, body and breath, we will break the fast with a delicious meal made with natural produce.

We will then grab some cups of tea and head down to the Yoga Shala for our little **Women Gathering**. We will start off with a sharing circle, followed by some integration & journaling activities led by your Locas Only guides. This process will take us on a profound journey where we will learn more about ourselves and about each other.

Lunch will be served at 1pm. After eating, those who have booked a massage, a facial therapy or just want to spend more time relaxing at Samadhi, you will have some **free time** to do so.

While we take some time to relax and freshen up, our Samadhi hosts & Locas Only guides will be setting up a little art "studio" in the outdoors area for our second activity of the day: the **Art Therapy Workshop** We will spend the next couple of hours exploring, interpreting and expressing our feelings, thoughts and emotions with the help of the paints, the canvas and the energy of the Andes Mountains. This will be a perfect way to connect to ourselves and to the present moment, as well as having a little souvenir to take back home (besides the hundreds that you'll have bought at the markets already!).

We will have dinner at around 7pm and then you are all ready to sleep like baby llamas.

- Home away from home: Samadhi Sacred Valley
- Meals included: Breakfast, Lunch, Dinner
- **Highlights of the day:** Morning Yoga, Art Therapy Workshop, Visit to Pisac Market, Fire Ceremony



DAY 9: SACRED VALLEY EXPEDITION: MARAS & MORAY

Quad-bike adventure

Have you ever discovered new places in a foreign country by riding a quad bike? No? Well, neither have we. And that's why our purpose for today is to make YOU lose your quad-biking virginity on this adventurous expedition through the **Sacred Valley of the Incas**. Get your adrenaline pumping (and your abs ready for all the laughing) as you embark on the ride of your lives!

But first, let's break the fast - we do not want any hAngry Locas running around today! After a nourishing meal at our Cusco hotel, we will then be privately transferred to the starting point of the tour: **Maras**. This unique site dates back to Inca times and is renowned for its impressive beauty, as well as for its delicious pink salt which, rumor has it, once you taste it you won't be able to have normal salt ever again!

We will then continue our journey down to **Moray**, better known as the Inca's agricultural laboratory. This impressive site made out of circular farming terraces was used by the Incas to experiment with the growth conditions of crops, thanks to which Peru now produces over 400 different types of potatoes and 5 types of corn (gracias Incas!).

This adventure on wheels will conclude at approximately 1pm, time when we will take you on a 9-course gastronomic experience with a stunning view of the Andes at Unu restaurant.

As we head back to our home in the Sacred Valley, we will be able to witness some amazing scenery and nature along the way.

Upon arrival in Samadhi, you will have some free time to relax in your room, take a power nap, drink a nice warm coca tea or whatever it is your body is asking you for (listen to it!). We will have dinner at around 7pm, as always, and then we are all ready for bed 😊

- Home away from home: Samadhi Sacred Valley
- Meals included: Breakfast, Lunch, Dinner
- **Highlights of the day:** Quad-biking through the Sacred Valley, Maras Salt Mines, Moray, Scenery of the Andes, Peruvian culture, culinary experience



DAY 10: SAMADHI BLISS

Ice & Om Experience

Buenos días from Paradise once again... Thank God it doesn't get old! We'll start the day at the Sun Shala with our regular Morning Yoga & Meditation practice. We will meet at 9am for brekkie before we begin our last full day at this sacred place.

The morning will be free to spend at your own leisure. You can relax by the swimming pool, read a book, journal, get a massage or use any of the Yoga shalas for your own practice and pleasure.

The Locas who want to dive into the culture of the Sacred Valley a bit more, will have the option to go on a little morning adventure to the local town of **Pisac***, where we will visit the colorful market as well as its trendy shops and cafes.

We'll aim to be back for lunch at 2pm altogether. You will then have time to rest & digest before our challenging part of the day.... The ice bath! Yes, you heard correctly! We will be prepping our minds and bodies with another Yoga session before fully immersing ourselves in the ice-cold waters surrounded by the Andes. This will be a fun yet mind-wobbling experience which we will do together as a team, that will help us break these limiting beliefs we tell ourselves and that will leave us super high for the rest of the evening!

We'll then do a little sharing circle where we will comment on our experience, what came up, what we learned and what we will take with us. After that, we'll play some tunes while the last rays of sun dry us up and leave us for the day!

From there, it's all very simple. A nice hot shower will be waiting for you in your cozy rooms as well as a warm pair of PJs or a the classic Samadhi robe in which we wrap ourselves up all day (this is pretty much the uniform by now!).

Dinner will be served at 7pm and then I will assure you that the comedown from the cold plunge will make you want to go straight to bed! Sweet icy dreams my Locas zzzZzZz...

- Home away from home: Samadhi Sacred Valley
- Meals included: Breakfast, Lunch, Dinner
- **Highlights of the day:** Yoga in the Sun Shala, beautiful Andean scenery, free time, Pisac (optional), Ice & Om experience



DAY 11: VISIT A LOCA(L) WOMEN WEAVING COMMUNITY IN THE ANDES

Weaving Workshop & Pachamanca at Patacancha

At sunrise, we will start the day Saluting the Sun with our last Yoga practice at this magnificent hideaway in the Peruvian Highlands.

We will be picked up by our good friends from Aula Artesana at 8.30 a.m, who will take us to the beautiful loca(l) community of **Patacancha**. As soon as we see a bunch of men and women dressed up in traditional Peruvian clothing, laughing, smiling, singing and dancing in a circle, we'll know we've arrived. And when these welcoming locals ask you to join their party, that's when you'll know the fun has begun!

The ethnic group of Patacancha is as well known for its friendliness, as it is for their well kept **Andean Lifestyle and Traditions**. The residents of these communities maintain their culture in force, which they express through their colorful, eye-catching textile offerings.

Today, we will have the privilege to learn first hand about the ancient **weaving technique** from the pioneers in this craft. Each of you will be assigned a female "*maestra*" from the community, who will teach you how to wash, spin, tint, dye and weave the alpaca wool for a wall-hanging that you'll create with your OWN hands and that you will take home as a souvenir!

The **full-day workshop** will also include a typical Andean lunch called **Pachamanca** (earth pot). This means that all of the ingredients (marinated meats, organic potatoes, sweet potatoes, plantain, yuca and other produce) will be buried and cooked underground over hot stones for us. The result: an explosion of flavor only found in the Peruvian Andes.

After living probably the most **culturally-immersive** and experiential day of the tour, we'll be ready to go back home to Samadhi. We expect to arrive at around 6 p.m. You'll then have free time to freshen up and have dinner at 7pm.

And before we go to bed, we will have a farewell **Fire Ceremony** where we will let go of what doesn't serve us in our life anymore and manifest what it is that we want to achieve for ourselves.

- Home away from home: Samadhi Sacred Valley
- Meals included: Breakfast, Lunch (Pachamanca), Dinner
- **Highlights of the day:** Peruvian culture immersion, 7-hour one-on-one weaving workshop (+ take home your own wall-hanging!), Pachamanca lunch with the community, farewell fire ceremony



DAY 12: We are back, Baby!

Free day & night in Cusco - time to go LOCAS!

Good morning Cusco!! It feels good to be back where everything started!

We will say our official farewells to Samadhi after our last nourishing brekkie here and then we will start making our way to Cusco where we aim to arrive just before midday.

The remainder of the day is left for you to spend at your **own leisure**. However, if you are having FOMO and separation anxiety from the group (we are like a big family by now!) we can always organise something to do altogether 😊 One of the things we most likely will end up doing is **shopping!** After all, can shopping even be considered shopping if you are not doing it with your best friends!?

Cusco is THE capital for all things related to textiles, art, clothing and accessories. There are heaps of little shops and markets all around the town with friendly locals ready to sell it all to you and, let me tell you, it's hard to say no to them! The great part about purchasing products here is that you'll get a great price for value PLUS you'll be contributing to the local economy (gracias amigas!).

After our little shop n' drop tour or whatever it is you decided to do in your free time, we'll have some time to relax in the hotel and get all dressed up for our last night out in Cusco. Girls, get ready... it's **time to go LOCAS!** The day tomorrow is chill and you'll have plenty of time to rest and recover so there is no way you can say NO to a Pisco Sour over dinner! (it's actually included in your package so you pretty much don't have a choice 😊)

Cusco is famous for its fun nightlife so we definitely had to tick that box before we left. We'll leave our souls on the dancefloor to the beat of Reggaeton, as we say our drunk love declarations to each other and reminisce on the amazing trip we just lived.

- Home away from home: Quinta San Blas
- Meals included: Breakfast
- **Highlights of the day:** Cusco City Tour, Free afternoon in Cusco, shopping, exploring, drinking Pisco Sours and dancing Reggaeton!



DAY 13: FAREWELL, MY FRIENDS (OR AMAZON, INSTEAD?!)

It's not a goodbye, it's a see you later!

Ohhh no!! the day we all dreaded has come... it's **the end!!!!** Unless you are coming to the Amazon with us, then you are more than excused to cry your eyes and hearts out. But cry for happiness, for overwhelming gratitude for everything that we experienced during our 12 days in Peru.

We'll have our last nourishing breakfast at Quinta San Blas before hugging, loving and saying farewell to our new best friends. The ones staying in Cusco a little longer have the entire day to explore the city at your own pace, have some yummy Peruvian food, MORE coca tea (it's never enough!) or even go on a little day tour if you are feeling extra adventurous **

For the ones that are coming on the **Amazon Extension** well, what can I say... Hey Ho, LET'S GOOO!!! We'll go to the airport to catch the morning flight to Puerto Maldonado, which is included in your Extension Package (and so are the airport transfers).

The only thing left to do here is **THANK YOU** for choosing to travel with Loas Only and supporting our small (but growing!) business, which encourages crazy women like you to step out of their comfort zones and live their absolute BEST LIVES. We really hope you enjoyed this Peru Aventura Loca and wish to see you on the next Locas Only Adventure!

*** See the section additional tours and activities for ideas of what to do after the trip is finished. If there is anything that draws your attention and would like assistance in getting*



Inclusions – Cusco & Sacred Valley

- Top quality twin-share **accommodation** for the 13-day adventure around Peru.
- 5 nights in **Samadhi**, an eco-friendly luxury retreat center nestled in the Sacred Valley of the Incas.
- 4 days / 3 nights camping & hiking the iconic **INCA TRAIL**.
- Enjoy **29 meals**, including daily breakfast, a Pachamanca experience in a local community in the Andes and a gastronomic experience in the Sacred Valley.
- **Transportation** by air-conditioned vehicles.
- Bilingual **Tour Guide** & tour leader
- Experienced **Yoga**, breathwork & meditation teacher.
- Exciting **quad bike tour in the Sacred Valley**
- All **entrance fees** for archeological sites in Cusco & Sacred Valley
- Full day **workshop with a weaving cooperative in the mountains of Peru** where you'll get one-on-one lessons to complete (and take home!) your very own wall hanging
- All **hiking & camping gear** included: sleeping bags, sleeping mat & trekking poles.
- Entrance fee & tour to the ancient Inca citadel of **Machu Picchu**.
- **Scenic train** from Aguas Calientes to Ollantaytambo.
- **Art Therapy Workshop** (Sip & Paint!?) in the Andes.
- An incredible **Sound Healing Session** at Samadhi Sacred Valley.
- Breathwork & **Ice Bath** Immersion
- Complete **City Tour of Cusco**, including a visit to the San Pedro Market, Koricancha Cathedral, San Blas neighbourhood & the archaeological site of Sacsayhuaman.

Optional Tours / Add-ons

- DAYS 1, 2 & 12: Single Room Supplement Upgrade – Cusco USD \$300
- Samadhi Single Supplement Chakra Bungalow \$100
- Samadhi Suite Upgrade Single \$350
- Samadhi Suite Upgrade Shared (Double) \$200
- DAY 6: Climb Huaynapicchu USD \$150



Exclusions

- International flights to and from Peru.
- Visa fees and entry requirements.
- Domestic transfers and flights not stated in the deal offer.
- Meals / beverages not stated in the deal offer.
- Gratuities/tipping.
- Optional activities/tours.
- Personal camping equipment (sleeping bag, inflatable mattress or walking sticks (please see "Optional Tours/Add ons" above)
- Personal expenses.
- Travel insurance.



Investment

- **Twin share accommodation:**

USD \$3960 with all the inclusions mentioned above!

- **Samadhi Suite Upgrade Double + USD \$200**

- **Single supplement:**

for the Locas who want to have a more private experience.

- **Cusco + USD \$300**
- **Samadhi Chakra Bungalow + USD 100**
- **Samadhi Suite Upgrade Single + USD \$350**

Amazon Extension

- **Twin-share accommodation:**

USD \$1,590 with all-inclusive meals and jungle activities!

- **Single supplement:**

+ USD \$440 for the Locas who want to fully connect with themselves and their surroundings.



Hasta la vista
LOCAS!!!!
See you in
PERU!!!

BOOK NOW