

INCA

TRAIL



CUSCO:

A MAGICAL TRIP
THROUGH THE IMPERIAL CITY OF CUSCO



TITICACA:

TOURING THE HIGHEST NAVIGABLE LAKE IN THE WORLD

AREQUIPA:

THE WHITE CITY AND ITS VOLCANOES

RIO AMAZONAS:

THE MOST GIGANTIC ON THE PLANET

"I do not believe that civilizations have to die because civilization is not an organism. It is a product of wills."

Arnold Joseph Toynbee.





EDITORIAL

Peru possesses a cultural wealth of exceptional value. For millennia now, our territory has been home to the most important historical development processes of humankind. The prestigious British historian Arnold Toynbee named Peru one of the eight “cradles of world civilization” and highlighted the abundance and originality of its contributions to the planet’s cultural heritage.

Behind the magnificence of Machu Picchu, the mystery of the Nazca Lines, the refinement of the Lord of Sipán, the symbolic force of the Temple of Chavín, and the primordial fire of the city of Caral lie 5,000 years of civilization; few peoples in the world can boast of such privilege. We are a country with a profound historical memory, and it is precisely here that the richness of our tourist attractions is rooted.

If Peru aspires to stand out from other tourist destinations in today’s competitive global market, it must take full advantage of its cultural “added value” and offer visitors high-quality services and experiences that make their stay in our country a unique, unmatched experience. In other words, we must create competitive products based on our diverse and magnificent cultural heritage, which is not only limited to archaeology, but also includes other living expressions such as our exquisite handicrafts, traditional celebrations, and above all, consolidating our renowned cuisine, which means that our current objective should be obtaining Lima’s recognition as the culinary capital of the Americas. With that challenge ahead of us, the Ministry of Foreign Affairs has ordered the 135 Peruvian Missions established in every region of the world, their infrastructures and broad network of political, commercial, business, academic, and cultural contacts, to make a concerted effort together with our strategic partner, the Peruvian Non-Profit Culinary Association (APEGÁ). Our Missions abroad are the Peruvian State’s most important networks in the globalized system of the twenty-first century, with knowledge and experience in the promotion of cuisine, tourism, and the export of Peruvian products and brands to the rest of the world.

Likewise, the natural backdrop against which Peru’s development occurred is as fascinating and varied as our country’s cultural expressions, constituting a component that only adds to the wealth of tourist attractions we can manage and promote. For this reason, Peru has been forging a State Policy in recent years focused on sharing with the rest of the world all the virtues that history and nature have entrusted us with.

As such, national policies have segmented tourism by specialization. In other words, cultural tourism, which takes place primarily in the south (Cusco, Arequipa, and Puno) and revolves around Machu Picchu; and business tourism, which is concentrated primarily in Lima, associated with the Peru’s current cycle of economic expansion.

Additionally, new market niches have been developed, such as bird watching; thermal baths; medical tourism; and the culinary tourism that is being consolidated through the organization of the Mistura international culinary fair. This effort has become a common thread that runs through the entire Peruvian State, projecting us abroad with an immense potential from three different perspectives: as a commercial product; as a structure for the promotion of tourism; and from a cultural point of view.

All these efforts have generated a kind of tourism revolution in Peru, which received 3.5 million foreign tourists in 2015 and in September 2015 it recorded 2.5 million, who will jointly contribute US\$3.8 billion to our economy.

Nowadays, tourism accounts for 7% of Peru’s GDP. It is one of the fastest-growing sectors in the country, employing 11% of the economically active population. Behind only the mining and fishing sectors, tourism now ranks as the third-largest industry in Peru, expanding at a pace of 25% annually over the last five years, making it the highest growth rate in South America.

Thanks to these results, we believe our country is on the right path to consolidating and establishing one of the most attractive and flourishing tourism industries in Latin America and the world. A comprehensive political vision that includes priority and emerging markets, and a defined strategy that makes it possible to fine-tune the public-private alliance using the capacities of our Diplomatic Missions abroad as a fundamental instrument for the promotion of trade, tourism, and investment in favor of Peru: these are the contributions of the Ministry of Foreign Affairs in the service of the State.

The Peruvian Ministry of Foreign Affairs seeks to contribute to this national effort. It is for this reason that it decided to publish this issue of INCA TRAIL magazine, which I am pleased to present. Our objective is to promote an alliance with the main actors in the tourism industry, both public and private, in order to jointly tackle three of the biggest challenges in the sector: the quality of the service received by visitors; the effective protection of their safety; and the development of infrastructure.

Our memorable historical past, the universal value of our culture that synthesizes the contributions of so many others, and the promising outlook of our insertion into the world tourism market are worth the effort.

Ana María Liliana Sánchez Vargas de Ríos
Minister of Foreign Affairs of Peru

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TOURIST DESTINATIONS

PERU: A COUNTRY WAITING TO BE DISCOVERED

Peru is a country just waiting to be discovered, with a millennia-old history. It offers foreign tourists endless choices and the possibility of living a truly unique experience: history, culture, nature, adventure, and much more, all in one destination.

The impressive archaeological heritage left behind by pre-Hispanic civilizations are a testimony to its art, customs, and development.

But this Andean nation is not only about the past and its historical legacy. With its breathtaking diversity of climates and ecosystems, Peru belongs to the select group of eight "mega-diverse" countries worldwide, making it a privileged destination for nature lovers and ecological tourism.

USEFUL INFORMATION

CLIMATE

Lima has a mild, humid (up to 90%) climate. The temperature during summer ranges from 23° to 30° C (73° to 86° F); and in the winter, from 14° to 18° C (57° to 64° F).

CURRENCY

Peru's official currency is the Sol. It comes in coins in denominations of 5, 10, 20, and 50 céntimos, as well as 1, 2, and 5 soles. Bills come in denominations of 10, 20, 50, 100, and 200 soles.

EXCHANGE RATE

Variable. It currently fluctuates between S/ 3.45 and S/ 3.50 per dollar. We recommend changing your money in banks or money exchange agencies.

OFFICE HOURS

Banks are usually open from Monday through Friday, 9 a.m. to 6 p.m., and Saturdays from 9 a.m. to 1 p.m. Exchange agencies are usually open from 9 a.m. to 9 p.m. Supermarkets and malls are open from 9 a.m. to 10 p.m.

TELEPHONE

Peru's international country code is 51, and Lima's city code is 01 (when calling from outside Lima). There is a major network of public telephones for local, national, and international calls.

INTERNET

There are many internet cafés in Lima. This service costs around S/ 1.50 per hour.

TAXES

The Sales Tax (VAT) is 18%. In Peru, all products and services, except for books, are subject to this tax.

Four- and five-star restaurants often charge a 10% service tax.

TIPPING

Tipping is optional in Peru. In restaurants, bars, pubs, and cafés, patrons may leave a tip of 5 to 10% of the total check.

HEALTH

Healthcare in private and public hospitals in Lima and all of Peru's major cities is adequate. If you are visiting the jungle, make sure to get vaccinated against yellow fever.

DRUGS

The purchase, sale, and transport of drugs is punishable by a minimum jail sentence of eight (8) years.

LOCAL TRANSPORTATION

Lima has a limited public transportation system which is currently in the midst of development. The average cost of each trip is approximately one sol.

TAXIS

Prices are agreed to directly with the driver, before getting in the vehicle. Taximeters are not used. The minimum cost for short distances is S/ 8, but the average trip ranges from S/ 10 to S/ 20. We recommend using yellow taxis registered with the Municipality of Lima, or those registered with specialized companies.

INTERPROVINCIAL TRANSPORTATION

There is a broad range of interprovincial overland transportation services available. We recommend using the services of formally registered companies.



KEY

Departmental Boundary	Archaeological Site	Mountain Climbing
Capital of the Republic	Museum	Mountain Biking
Department Capital	PN National Park	Trekking
Paved Road	RN National Reserve	Kayaking
Unpaved Road	RP Landscape Reserve	Surfing
Railway	ZR Reserved Area	Snow-Capped Peak
Airport		Volcano Mountain Pass
Port		
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LIMA

DISCOVER LIMA, THE “CITY OF KINGS”



Government palace.

Lima is a modern, cosmopolitan city that reflects many of Peru’s riches. It is a city with a legacy that may still be seen today in its history, architecture, culture, and range of tourist attractions which are visited by more and more people each year.

Lima, the capital of Peru, was dubbed the “City of Kings.” While the name may have had more to do with religious reasons, looking at it today, nearly five centuries after its founding, this nickname seems like a prophetic revelation of the grandeur that would be achieved by the future independent country. Lima is home to over eight million residents. It is a beautiful city that is considered one of the most interesting destinations in South America.

To truly enjoy Lima, visitors should make sure to take a stroll around its historic center, where the majesty of its squares, streets, mansions, churches, and monuments has been kept alive to this day, providing a glimpse of its glorious Viceroyal, Colonial, and Republican past.



Archbishop's Palace.

MAIN SQUARE

Lima's Main Square is full of history. It is said that it was designed by the conquistador Francisco Pizarro. During the time of the Viceroyalty, it was used as a market, bullring, execution site for condemned criminals, and acts of faith or trials by the Holy Office of the Inquisition.

This square has been the setting of major events. One of the most important was the proclamation of Peru's independence (1821) by the Argentine liberator José de San Martín.

Nowadays, it is surrounded by the Palace of Government, the Municipal Palace of Lima, and the Cathedral, with a bronze fountain in the center that dates back to 1651. After being remodeled many times, a uniformly solemn neocolonial style was adopted in 1940, with its characteristic arcades for visitors to walk through.

THE PALACE OF GOVERNMENT

From its origins, the House of Pizarro was a large building with a garden in the middle, a view of the river out back, and an entrance of honor to one side. It currently has a courtyard of honor in front, a beautiful barred metal fence, and the President's residence in the back. Inside, it contains valuable furniture and important Peruvian paintings from the nineteenth and twentieth centuries. It was the Headquarters of the Viceroyalty of Peru, and is now the seat of the Executive Branch.

Tours are offered that take visitors through the five main halls, the Great Hall, and the dining hall. Visits are free, but spots must be reserved two days in advance. For more information, call 311-3908 when in Lima, or (511) 311-3908 from abroad.



Palace of Government.

THE CATHEDRAL

The Cathedral of Lima is a spectacular architectural specimen, mixing diverse styles such as Renaissance, Baroque, Rococo, and Neoclassical.

It was originally a simple church, until Pope Paul II upgraded it to a Metropolitan Cathedral in 1545. Years later, between 1799 and 1805, the clergyman Matías Maestro undertook a renovation of the Cathedral, resulting in a mix of architectural styles.

Inside the Cathedral we may observe the gorgeous Baroque choral seats and lovely spiral columns with masks and female faces covered in cloths, perhaps in allusion to the mysterious “covered women” who walked the streets of Lima many years ago.



Cathedral of Lima.

Church and Convent of Saint Francis

The Church of Saint Francis is considered the oldest in Lima, constructed just after the Spanish Conquest (1535) from adobe, brick, plaster, and rushes with mud. It has an imposing tower, one of the highest in the city.

Inside we may find the oldest choir chairs in Lima, as well as the chapels of the Rosary and Saint Rose, where the skulls of Saint Rose of Lima and Saint Martín de Porres are conserved. Also notable are the images of Saint Anne, and the Virgin and the Child. There is a sculpture of a prostrated Saint Rose, which was a gift from Pope Clement X after the saint's canonization.

In the convent we may take a tour of the main cloister, with its four galleries decorated with Sevillian tiles from the seventeenth century and altar pieces depicting Biblical scenes. An old staircase takes us to the cemetery, where the tomb of Saint Rose is located, along with the remains of members of the Franciscan religious order.

Just as the churches of Lima testify to the faith of the city's inhabitants, its old mansions—such as the Casa Aliaga, built on top of the place of worship of the indigenous chief Taulichusco; the Casa Goyeneche, with its marked French influence; and the Torre Tagle Palace, considered the most beautiful early seventeenth-century mansion in Lima—symbolize the splendor and ostentation of life in the Viceroyalty.





The Casa Aliaga.

Torre Tagle Palace

This two-story building began construction in 1735 at the orders of the Marquis of Torre Tagle, the Treasurer of the Royal Spanish Armada. It is considered one of the best examples of residential architecture in seventeenth-century Lima.

The materials used in its construction were brought in from Spain and Central America. The final result was a mansion that became a symbol of Lima due to its style, elegance, and wealth. After years of deterioration, it was restored between 1954 and 1956 by the Spanish architect Andrés Boyer. Currently, Torre Tagle Palace is the headquarters of the Ministry of Foreign Affairs.



The Casa Aliaga.

The Casa Aliaga

Built from reeds, mud, and adobe on the foundations of a pre-Hispanic building, the spaces of this mansion had to be adapted to an irregular layout, distributed over uneven levels. The main façade has a balcony that dates back to Republican times.

It is most noted for its courtyards. The first was lined with Italian marble in the nineteenth century, while the second is adorned with an antique bronze fountain. The house has belonged to the same family from the time it was built (1535) to the present day. Nowadays, it is the site of a variety of cultural events.

The Casa Goyeneche

Built in 1771, the Casa Goyeneche is a palatial Colonial construction in the Historic Center of Lima. It was one of the first buildings in Peru to incorporate a French influence, but with aspects typical of Lima. In 1859, the property was sold to Colonel Juan Mariano de Goyeneche y Barreda.

The building remained in this family until the second half of the twentieth century. In 1971, a Peruvian bank bought the property, later restoring it and decorating it with furniture and fittings from its original era. The mansion features a lateral staircase in the entry courtyard, as well as a visitors' salon with a view from the second-floor balconies.

All of its rooms have been decorated to receive guests, like treasure chests full of valuable furniture and objects considered some of the best exponents of the era's craftsmanship. Currently, the Casa Goyeneche houses a magnificent collection of Viceroyal and Republican art.



The Casa Goyeneche.



San Martín Square.

San Martín Square

Just ten blocks from the Main Square is San Martín Square. This beautiful square, a Lima landmark, features gorgeous gardens, antique water fountains, and bronze streetlamps that give it a special touch. In the center stands a monument paying homage to the liberator José de San Martín.

Presbítero Maestro Cemetery

This was Lima's first cemetery. Inaugurated in 1808 by the Viceroy Abascal. The author of its original plans was the renowned Spanish master builder, the priest Matías Maestro. It has over 766 mausoleums in a Neoclassical style, including statues and sculptures inspired by the figures of saints and the three Christian virtues.



Presbítero Maestro Cemetery.



Huaca Pucllana.

Huaca Pucllana

The millennia-old Huaca Pucllana is one of the most attractive and mystical corners of the district of Miraflores, located at Calle Nicolás de Rivera 201. It is over 1,300 years old, and was built by the people of the Lima culture. Currently, it has been salvaged from the destruction and abandonment to which it fell victim during the city's modernization process, and today it rises imposingly before Peruvians and tourists alike.

This archaeological site was of great significance, acting as the setting for numerous human sacrifices involving specially-selected young women, who probably worked with textiles, which were extremely important to the Lima culture.

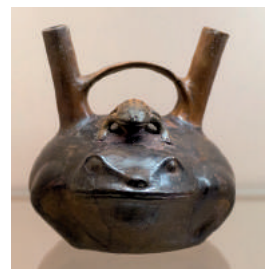
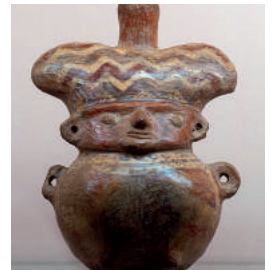
In July of 1984, the Site Museum and Exhibition Room were opened, acting as the second component of this historic huaca. The museum houses a permanent collection of the objects recovered during excavations, such as ceramics, textiles, stone and woodwork, as well as recreations of the economic activities and funeral customs practiced by the local inhabitants.

Huaca Huallamarca

The Huaca Huallamarca was one of the primary settlements of the Lima culture. This huaca, or ceremonial center, measures 110 meters long by 72 wide at its base, and stands 35 meters high.

The testimonies found in the tombs of the Huaca Huallamarca cover a time period ranging from the sixth century A.D. to the rise of the Incas in the fifteenth century A.D. In the fourth century A.D., this ceremonial center was abandoned, a decision that was probably made due to the start of construction of the Huaca Pucllana.

The Site Museum exhibits the remains found at the huaca, instruments for textile-making, carved gourds, musical instruments, and other items. Visitors may also view the mummy of a weaver princess. The gardens surrounding the Huaca Huallamarca are filled with flora endemic to Peru (cacti, ichu grass, orchids, and medicinal plants native to Peru).





¿How to Get There?

The Parque de la Reserva is located near the Historic Center of Lima. The spectacles take place on Wednesday through Sunday and holidays from 3 p.m. to 10 p.m. The entry costs S/. 4 (US\$1.50). Children under 5 enter free.

Magic Water Circuit.

Come And Marvel At The Magic Water Circuit

The magnificent Parque de la Reserva is home to one of the most fascinating attractions in Lima: the Magic Water Circuit. This circuit is the largest complex of fountains in the world in a public park, as recognized by the Guinness Book of World Records in 2009. The circuit was inaugurated on July 27, 2007.

The circuit has 13 high-tech, interactive water fountains that make for a one-of-a-kind spectacle, in a dance of water, lights, colors, music, and laser shows. This is a great place for the whole family, as well as foreign visitors.

The fountains of the Magic Water Circuit date back to 1929, and were restored together with other historical monuments in the Parque de la Reserva. They are notable for their Neoclassical and Rococo design and architecture, the work of the Frenchman Claude Sahut.

Lunahuaná

Lunahuaná is located to the east of San Vicente de Cañete, and 180 kilometers to the southeast of Lima (three hours by car), at a maximum altitude of 479 meters above sea level, with an incredible sunny climate almost year round. The turbulent waters of the Cañete River rush through the valley, making this an ideal place to go whitewater rafting or kayaking.

The river is navigable along its entire length, despite its descent down steep slopes and the presence of small waterfalls. It offers Level II to V rapids, depending on the season, circuit, and level, making it a great place for everyone from beginners to experienced kayakers to enjoy this sport.

Feeling the water splash you while gliding through narrow passes, between towering rock faces, will give you a rush of excitement, enabling you to enjoy the feeling of mastery over the torrential flow of water meter-by-meter.

For those who are not quite so brave, you may bike along mountain paths in the Lunahuaná Valley, crossing through vineyards and farmlands, making for a true adventure.



Rafting, Lunahuaná, Lima



Paragliding, Lima.

OUTDOOR ADVENTURE SPORTS IN LIMA

Lima is the privileged home to an extraordinary range of climates, from the arid and desert-like shore of the Pacific Ocean, to breathtaking valleys and rivers. Many of these settings are located extremely close to one another, offering infinite alternatives for lovers of adventure sports.

Human beings have always longed to fly, trying again and again with different techniques, including paragliding. The cliffs of the Costa Verde (“Green Coast”) are one of the best places to experience this adventure. The strong breeze will lift you up like a bird learning to leave its nest. Paragliding here is tranquil, relaxing, almost easy, and extremely stable, with the possibility of reaching heights of over 250 meters above sea level.

Lima is the only South American capital located on the ocean, so it's no surprise that water sports are popular here, especially surfing.

The Costa Verde is the circuit that connects the beaches along Lima's coast. Every day, surfers may be seen paddling out to sea or waiting for the perfect wave; any day of the year, winter or summer, at any time of day, from dawn 'til dusk, is perfect to start out on an adventure. This sport has now become an integral part of the coastal landscape.



Main Pyramidal Building of the Sacred City of Caral.

¿How to get there?

To reach the Sacred City of Caral, take the North Pan-American Highway to Kilometer 184, before reaching the city of Supe. Then turn left, traveling another 23 kilometers, after which you will reach a sign pointing the way to the Oldest City in the Americas.

From April and December, when the river is often too high to travel this route, the site may be reached along a packed dirt road located at Kilometer 160 of the North Pan-American Highway, at the turnoff to Vegueta. The site is located 24 kilometers from the highway.

CARAL: THE OLDEST CITY IN THE AMERICAS

The oldest city in the Americas is located in northern Peru, and it is known as Caral. According to scientific testing, it dates back to 2627 – 2100 B.C.

The archaeological site of Caral is located in the department of Lima, province of Barranca, district of Supe, in the middle valley of the Supe River, on the north-central coast of Peru, at 350 meters above sea level.

Many people know Cusco as the capital of the Inca Empire, and Machu Picchu as the home of one of the last Incas, but it is still a relatively little-known fact that the Sacred City of Caral was built by the first political state formed in Peru, 4,400 years before the Incas came to power.

Caral-Supe represents the oldest civilization in the Americas, having developed around the same time as Mesopotamia, Egypt, India, and China. The inhabitants of Peru came at least 1,500 years before those of Meso-America, the other civilizing focal point of the six recognized in the world; and more than 3,000 years before the society that built the renowned Mayan cities.



Main Square and Cathedral of Arequipa.



AREQUIPA:

THE WHITE CITY AND ITS VOLCANOES

Arequipa is synonymous with beauty. A city with a wide range of tourist attractions, from majestic landscapes of Viceroyal wealth to the imposing volcanoes—Misti, Chachani, and Pichu Pichu—that surround the city.



View of the Volcano Misti.

¿How to get there?

Arequipa is a city located in the south of Peru, and may be reached relatively easily. However, it should be noted that it sits at a high altitude, at 2,335 meters above sea level. It is located 1,003 kilometers from Lima, the country's capital; and 270 kilometers from Tacna, the nearest major city.

To reach Arequipa by air, it is necessary to fly in from Lima. There are flights every day with a duration of under an hour.

Arequipa, known as the “White City” for its legendary buildings made from sillar (a white volcanic rock), and also as the city of “Eternal Blue Skies” due to its extraordinarily dry and clean climate, is located in the south of Peru. It has over 860,000 residents, and is an excellent place to visit at any time of the year.

This city boasts an unbeatable array of cultural and geographical attractions, as well as being an architectural relic in and of itself. It has one of the most beautiful historic centers of any city in Peru. On the outskirts, its lush green countryside is crowned by volcanoes and snow-capped peaks.

Among the major attractions in Arequipa are its splendid churches, mansions, and convents, particularly the Cathedral and the Monastery of Saint Catalina, practically its own tiny city with streets and squares constructed as a home for the daughters of the most distinguished Spanish families who decided to devote their lives to religion. Colonial architecture predominates throughout the city.



The Volcano Misti.

CITY AT THE FOOT OF THE VOLCANO

To get the best view of the famous volcano Misti, we recommend visiting the Anahuaca Lookout, one of the best-known points, visible from the city. Five eruptions have been recorded since the twentieth century, and Misti is one of the few volcanoes still considered active in Arequipa.

Several vestiges of the Inca culture have also been discovered here, such as human skeletons.

The peak of Misti sits at 5,822 meters above sea level, and its name comes from the Quechua word for “lord.”

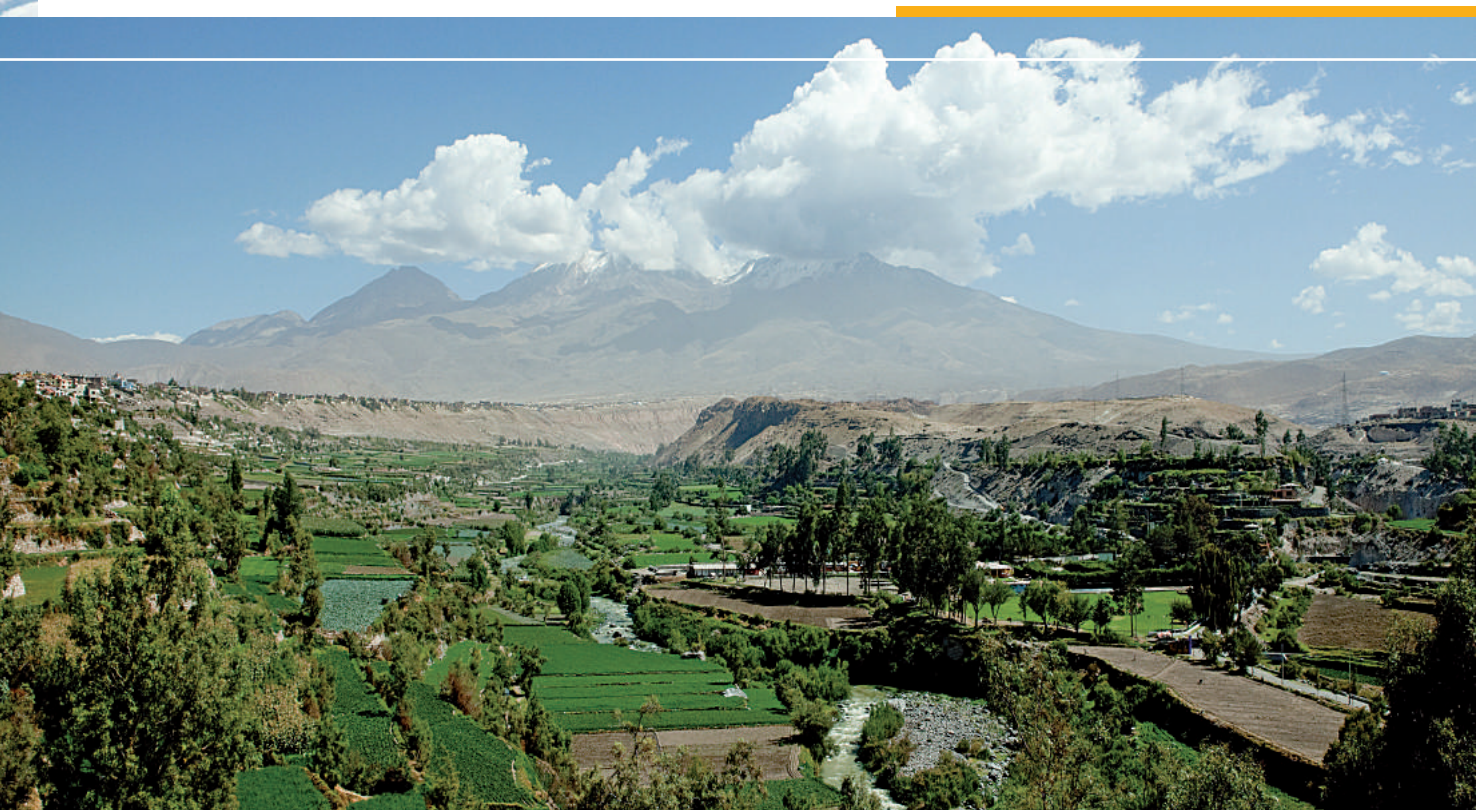


Yanahuara Lookout.

The Chachani

Chachani is the second most-important volcano, located 55 kilometers from the city of Arequipa. It is considered the easiest mountain to climb in the world, even with an altitude of over 6,000 meters above sea level. The name Chachani comes from the Aymara word for “valiant one.”

It is considered an inactive volcano, and temperatures at the peak have reached as low as 0° C (32° F). It has an altitude of 6,057 meters above sea level.



The Volcano Chachani and the Arequipa countryside.

THE PICHU PICHU

One of the volcanoes closest to the city, at a distance of just 32 kilometers. Pichu Pichu towers 5,664 meters above sea level. Its highest peak is known as “Coronado.” This is another inactive volcano, with no records of any eruptions.

Other attractions of unmatched beauty near Arequipa include the Colca Canyon. Below Colca is twice as deep as the famed Grand Canyon in the United States.

With regard to adventure sports, the region of the Colca River and the Cotahuasi Valley are perfect for kayaking, trekking, and mountain biking, among other activities. These areas are located 30 kilometers from Chivay, and 142 kilometers from Arequipa.

Volcán Pichu Pichu.





Town of Chivay.



Tourist in the Colca.

How to get there?

The Cross of the Condor Lookout (Mirador de la Cruz del Cóndor) is one of the most-visited attractions in the region of Arequipa, located 40 kilometers from Chivay.

To reach it, get an early start. The bus from Chivay normally leaves at 4 a.m., but if you take a tour, you can head out at 6:30 a.m.



Condor in the Colca.



Cross of the Condor Lookout.



Tourist in the Colca

THE FLIGHT OF THE CONDORS

The Cross of the Condor Lookout is an exceptional place to observe the depths of the canyon, the plant life, and above all, the flight of the condors, the true kings of the Colca Canyon. In the distance, it is also possible to glimpse the volcanoes Coropuna and Ampato, which add an unparalleled beauty to the landscape. There is no doubt that the Cross of the Condor Lookout provides visitors with some of the most incredible photo opportunities in Peru.

Condor sightings generally take place between 8 and 10 a.m. The birds reach considerable heights before following the air currents toward the coast, where they find most of their food.



Main Square of Cusco.

CUSCO:

A MAGICAL TRIP THROUGH THE IMPERIAL CITY OF CUSCO

The Imperial City of Cusco is permeated by a majesty enveloped in an aura full of history and tradition. A can't-miss destination for those visiting Peru. One of the most-visited tourist attractions around the world, with its very own magic and essence. Nowadays, it offers a wide range of activities to keep visitors busy.





City of Cusco.



Citadel of Machu Picchu.

Cusco is a symbol of human power. The middle world between the cosmos and mother earth. Its perfect stone walls and cobblestone streets remind us that it was the capital of the Inca Empire, hidden for many years beneath Spanish buildings before eventually being rediscovered. It is currently known as the Archaeological Capital of the Americas and the “Belly Button of the World.”

Cusco is located in southern Peru. The territory of the department of Cusco includes highland and jungle zones, and covers an area of 76,329 square kilometers, with over one million inhabitants. Founded between the eleventh and twelfth centuries, the city of Cusco was the capital of the Inca Empire and the center point of the vast swaths of territory conquered by the Tahuantinsuyo.

During the Viceroyal period, great mansions, imposing churches and convents housing countless works of art were erected on the city's Inca foundations. Today, Cusco is the most impressive manifestation of Spanish-Andean cultural fusion, nestled in incredible natural surroundings.

Visit CUSCO An Absolutely Unforgettable Experience.



Cathedral of Cusco.

MAIN SQUARE AND CATHEDRAL OF CUSCO

The Main Square is a historic site par excellence. Over time, it has witnessed important events such as the festival of Inti Raymi, the Spanish occupation under Francisco Pizarro, and the independence of Peru. During the days of the Inca Empire, it was known as Huacaypata, meaning the “place of laments.”

During the era of the Great Inca State, or Tahuantinsuyo, it was the site of sacred ceremonies. Here, the palaces of Pachacutec, Huayna Capac, Sinchi Roca, Wiracocha, Tupac Yupanqui, and Wiracocha Inca were built. Likewise, they erected their most important buildings, especially those used for religious purposes.

It wasn't until the arrival of the Spaniards that the square was transformed. Stone arches were installed and the buildings that surround the square to this day were constructed, such as the Cathedral of Cusco, the Chapel of the Holy Family, the Chapel of Triumph, and the Church of the Society of Jesus. The primary buildings are still conserved nowadays.



HATUNRUMIYOC STREET: THE STONE OF TWELVE ANGLES

The archaeological remains of Hatun Rumiyoq consist of a wall built from green diorite stone, located outside the palace said to have belonged to the Inca Roca, located two blocks from the Main Square of Cusco. The wall is famous for the twelve-angled stone located in the middle, renowned for the way its corners and sides fit perfectly with the surrounding rocks.

As for the construction material used for the wall, diorite is an igneous rock, meaning that it was formed after the cooling and solidification of magma. It is characterized by a strength of 1,200 kg and a hardness of 6° C. It also possesses magnetic qualities, which may be the reason behind the belief that this rock is able to transmit energy to anyone who touches it.

The stone of twelve angles is located just 100 meters from the Main Square, near the Museum of Art of the Archbishopric, along the path from the Main Square to San Blas. There is no entry fee for viewing it. It is a true emblem of Cusco that has been conserved in perfect conditions.

Stone of Twelve Angles.



THE CATEDRAL

The Cathedral of Cusco is an architectural jewel dating back to the sixteenth century, housed in the former palace of the Inca Wiracocha, with a priceless collection of over 1,200 works of art on display. The building itself features a Renaissance-style façade and Baroque, Late Gothic, and Plateresque interiors, as well as one of the most notable examples of Colonial goldsmithing and carved wooden altars



Inti Raymi Festival.

THE INTI RAYMI

This is the most important activity in Cusco, recreating an Inca ritual in honor of the Sun God, or Inti. It is held every June 24, during the winter solstice. During this event, the local population and thousands of tourists come to view a ceremony in a place that is considered sacred by many. This festival includes traditional dances featuring colorful costumes, thus reenacting the customs of Cusco's former inhabitants.

Qenqo Archaeological Compound

“Qenqo,” meaning labyrinth, is a very special site in the Andean worldview. This archaeological site was used by the ancient Peruvians to communicate with other city, such as the sun, the mountains, the moon, the earth, and the stars. There is no doubt that it has an intense energy to it. The site is located one kilometer away from Sacsayhuamán, on the paved road to Pisac.

It is thought to have been a ceremonial center, based on the gigantic monolith in the central part, which is believed to depict an animal, representing the main deity. This monolith is surrounded by an unusual wall with 19 niches, where offerings were placed.





Fortaleza de Sacsayhuaman.

THE FORTRESS OF SACSAYHUAMÁN

A masterpiece attributed to the last Inca dynasties, this fortress was a ceremonial site of great importance to the Hanan Qosqo, or the upper class. It is situated two kilometers from the city of Cusco, with an interior made up of passageways, labyrinths, fountains, slides, and esplanades, covering an area of 3,093 hectares.

The name Sacsayhuamán comes from an Aymara word meaning “the place where the falcon satiates its appetite.” According to contemporary chroniclers, it was a place of sun worship, while others claim it was meant to defend the city. The design of the fortress forms the shape of a puma lying down. During the Inca Empire, this beautiful animal was considered the guardian of all earthly things, and the area in which Sacsayhuamán is located corresponds to the head of this sacred animal.

Inside the fortress, with its stones standing up to nine meters high, there are large rooms that were used to store food and weapons. Likewise, canals were constructed for the distribution of water. Next to the fortress is the Inca’s throne, from where the sovereign presided over the Empire’s celebrations, feasts, and parades.

SACRED VALLEY OF THE INCAS

The Sacred Valley of the Incas, or Vilcanota Valley, is nestled between the towns of Pisac (Calca) and Ollantaytambo (Urubamba). The breathtaking scenery was held in high esteem by the Inca due to its special properties, such as the perfect climate and generous fertility of its soils.



Sacred Valley of the Incas.



Temple of Wiracocha.

TEMPLE OF WIRACocha

At a distance of 117 kilometers from the city of Cusco stands one of the boldest constructions made by the Incas: the Temple of Wiracocha, the invisible god, the creator. The temple was destroyed during the Conquista, but what remains of it today is sufficient to inspire visitors' imaginations and understand just how grandiose it must have been. The temple is made of adobe walls atop a base of volcanic rocks. The compound also includes residential areas and "tambos," or storage structures where food was kept.



Temple of Qoricancha.

TEMPLE AND CONVENT OF SAINT DOMINIC AND QORICANCHA

Qoricancha was considered one of the most venerated and important places of the Inca Empire. On top of its Inca walls, the Church of Saint Dominic was later constructed. The Spaniards decided to erect the church at this site because Qoricancha was used as a site for the worship of the sun.

The temple, whose sumptuous walls were said to have been covered by sheets of gold and silver, once housed images of Thunder and Wiracocha, deities brought from different regions, and the mummies of former governors.

Due to its abundance of gold, it was one of the first places to be sacked by the conquistadors, who didn't hesitate to carry off the riches and offerings found inside.

The Church and Convent of Saint Dominic in Cusco was the first convent of the Dominican order founded in Peru. It is an important architectural specimen, combining the syncretism of the two cultures, Inca and Spanish. The Church of Saint Dominic has the exact same layout and shape as the Temple of La Merced and Saint Francis. The building conserves its architectural features from the seventeenth century, exhibiting the evolution of architecture in Cusco.



Citadel of Pisac.

CITADEL OF PISAC

One of the best-conserved Inca settlements, located in the province of Calca, 32 kilometers from the city of Cusco. It is one of the most breathtaking Inca archaeological sites, comparable only to Machu Picchu. The nearby town of Pisac is famous for its handicrafts market.

Pisac has a vast system of Inca terraces descending down steep mountain slopes, which are still fit for agricultural use today despite the passage of time. The citadel was made up of quarters, including Intihuatana, Tantanamarca, Qorihuayrachina, and Huimin.

As with other Inca constructions, studies have found that it was not a fortress, but rather a sort of “royal estate” belonging to the Inca Pachacutec, made up of terraces, housing and ceremonial structures, as well as aqueducts that carried water for agricultural use.

As if this weren't enough, a wide variety of handicrafts may be found in the nearby town of Pisac, in its famous handicrafts market. Here, the technique of bartering is still used to this day.

TERRACES OF MORAY

The magnificent circular terraces of Moray are located 74 kilometers from the city of Cusco and 7 kilometers from Maras, in the Sacred Valley of the Incas. Famous for the sunken amphitheater, this site is made by four circular terraces that seem to disappear down inside the puna grasslands like an artificial crater.

Apparently, this site was an agricultural research center used by the Incas for experimentation with crops at different altitudes, with plots dedicated to growing over 250 plant species.



Terraces of Moray.

CHOQUEQUIRAO ARCHAEOLOGICAL COMPOUND

Choquequirao, or “Cradle of Gold,” is located on the western slopes of the Vilcabamba mountain range and the canyon formed by the Apurímac River. According to ancient chronicles, Choquequirao was used as a refuge by the Incas for more than 40 years. This compound is known as the sacred sister of Machu Picchu due to the structural similarity of its architecture.

Currently, the citadel of Choquequirao can only be reached by land. The most popular route leads along the highway toward Abancay, turning off toward the town of Cachora at Kilometer 154. From there, it is possible to undertake a 30-km uphill trek that takes two days to complete.

The highest point at Choquequirao sits at 3,033 meters above sea level, and the trek is an exciting adventure for those looking to challenge their stamina.



Archaeological Center of Choquequirao.



The Inca Trail

The Inca Trail to Machu Picchu in the department of Cusco is an extremely old route that has been used since the times of the Inca Empire. It connects Ollantaytambo and Machu Picchu in the Sacred Valley of the Incas. Along the route, trekkers may observe exuberant geographic beauty, a different ecological strata, and the wealth of flora and fauna found at the sanctuary.

The Inca Trail “Camino Inca” is the name commonly given to the stretch from kilometer 88 of the railway up to the citadel of Machu Picchu. It runs through 11 kilometers across mountains and the Sacred Valley. You can travel this spectacular Inca Trail by a bus that runs along the Vilcanota Valley . However, it isn't the only route: there are other, longer trails that take one or more days to complete and pass through different sites around the valley, along Andean paths and through picturesque landscapes.

Every day, people come to Cusco from all over the world, excited at the chance to personally experience the trail used by the majestic Incas more than 500 years ago.

HISTORIC SANCTUARY OF MACHU PICCHU

The Historic Sanctuary of Machu Picchu, or Cerro Viejo, was named one of the New Wonders of the World in 2007. It is located in the province of Urubamba, between Kilometers 82 and 122 of the railways from Cusco to Quillabamba, and covers an area of 33,000 hectares.

It would be difficult to find anywhere else in the world comparable to Machu Picchu. This Inca sanctuary, nestled in the heart of the archaeological capital of the Americas, is one of the most important archaeological monuments in the world, declared a World Heritage Site by UNESCO, together with the historic center of Cusco.

The sanctuary is believed to have been one of the monumental projects which the Inca Pachacutec left as the legacy of his reign. For Pachacutec, Machu Picchu may have been meant to serve as a testimony of his mighty feats.

There are two recognized sectors or areas inside the constructions of the Sanctuary. The first was used for agricultural purposes, while the other served as an urban dwelling area. The agricultural sector is characterized by terraces, where irrigation ditches and crop areas may be observed.



Citadel of Machu Picchu



¿How to get there?

To reach the Historic Sanctuary at Machu Picchu, it is first necessary to travel from Cusco to Aguas Calientes. The travel time is approximately three and a half hours, as follows travelling overland: two hours in car from Cusco to Ollantaytambo, and then another hour and a half by train from there to Aguas Calientes.

After reaching Aguas Calientes, the Sanctuary may be reached by a 20 minute hike or an eight-minute bus ride. The entry fee must be paid at the offices of the National Institute of Culture before arriving at the archaeological site.

In the urban sector of the Sanctuary, also known as the sacred zone, we may observe the presence of dwelling areas as well as areas used for the religious practices of the Incas, in addition to civil ceremonies.

The most notable parts of this zone include at least four temples: the Temple of the Three Windows; the Main Temple; the Temple of the Sun; and the Temple of the Condor. Other notable architectural remains in the Sanctuary include the Priest's House, where the implements used for the ceremonies were kept.

Another important space is the Sacred Square. Nearby is a stairway that leads to Intiwatana, or the sun clock. This Inca creation is famous not only for its design, but because it is said to be able to absorb the energy of the sun and transmit it to those who touch the rock.

Visiting Machu Picchu is a one-of-a-kind experience. The mystical solemnity exuded by its imposing rock walls inspire a profound respect for those who built this monumental construction, successfully combining the artifice of their creation with the whim and wildness of nature like no one in the world.

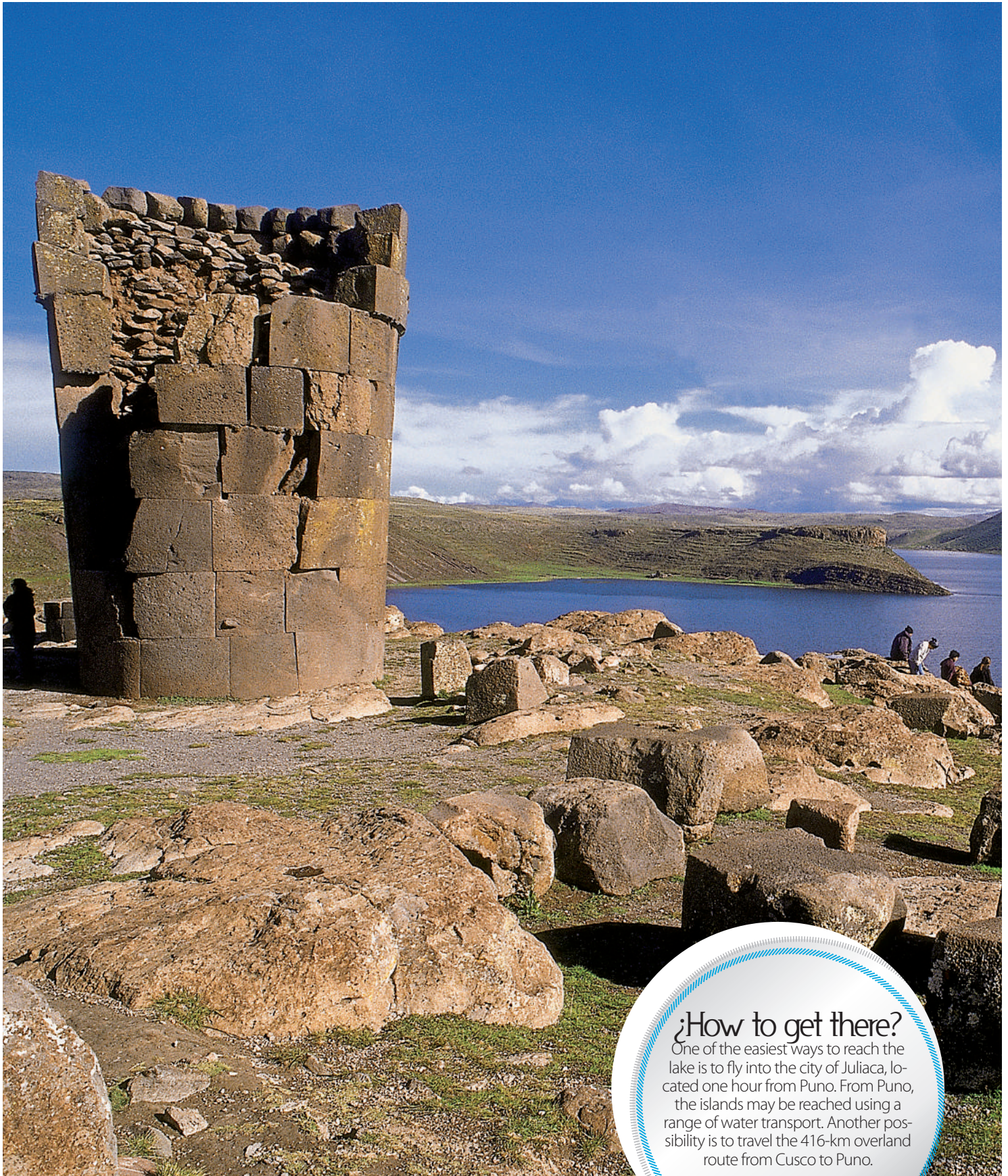


Uros Island in Lake Titicaca.

TITICACA:

TOURING THE HIGHEST NAVIGABLE
LAKE IN THE WORLD

Lake Titicaca, the highest navigable lake in the world, is one of our natural treasures. It is an unquestionable symbol of the identity of Puno's inhabitants, acting as a temperature regulator in neighboring zones, as well as a wellspring of resources for highland residents.



Chullpa on Sillustani.

¿How to get there?
One of the easiest ways to reach the lake is to fly into the city of Juliaca, located one hour from Puno. From Puno, the islands may be reached using a range of water transport. Another possibility is to travel the 416-km overland route from Cusco to Puno.



Women on Uros Island.



Lake Titicaca, also known as the Sacred Lake, is located between the territories of Peru and Bolivia, at an altitude of 3,821 meters above sea level. Its waters bathe and conserve a mostly indigenous population which still maintains the traditions of the Inca Empire. It is notable for its large size: a surface area of 8,490 square kilometers and a depth of 280 meters.

On the shore of the lake sits Peru's capital of folklore, the city of Puno, with a population of 60,000 inhabitants of Aymara descent, although they also inherited the Spanish legacy in their artistic and cultural expressions. The communities that live around the lake are dedicated primarily to fishing and making handicrafts. One of the most characteristic sights in the zone are the "caballito de totora" reed boats.



Boat at the dock of the community of Luquina Chico.



Uros Island

The Islands

The lake's waters are home to a total of 36 islands. The largest of those located in Peruvian territory are the islands of Uros, Taquile, Ticonata, and Amantini.

Uros Island is one of the most famous on Lake Titicaca, inhabited by the direct descendents of one of the oldest cultures on the continent. This site is famous for its totora reed constructions anchored to the lake bed. Here, visitors have a variety of rural tourism options, including homestays on the islands or taking part in the daily activities of the community members.

To reach these islands, it is necessary to take a motorboat from the bay in Puno. The visit lasts approximately three hours.

Ticonata Island

Ticonata Island is located on Lake Titicaca, in the eastern part of the district of Capachica, at an altitude of 3,816 meters above sea level, in the department of Puno. Due to the thermoregulatory characteristics of Lake Titicaca, Ticonata features a temperate microclimate that allows for the production of potatoes, oca, isaño or mashwa, papalisa or ulluco, broad beans, sweet corn, peas, maize, wheat, barley, and quinoa.

Its pleasant and merry people welcome visitors to their ecological paradise, inviting them to take part in their cultural manifestations and practices, the ancestral customs and traditions of the island.

The island of Taquile, on the other hand, offers the greatest number of indigenous tours. The local inhabitants personally organize and manage all tourism-related activities on their island, inviting visitors into their own homes, in order to preserve their age-old customs.

Approximately 350 families live here, strictly following Inca customs, where the three precepts of the Empire continue to be enforced as unbreakable laws: "Don't steal, don't be idle, and don't lie."

Isla Tikonata.



Weavers in Llachon





Taquile Island.



Líneas de Nasca.

¿How to get there?

The easiest way to visit is by bus. The trip takes four hours from Lima, traveling along the South Pan-American Highway, passing through the cities of Cañete, Chincha, Ica, and Nazca. By car, the route is the same, although the trip from Lima takes approximately five hours.

PARACAS - NAZCA

THE ENIGMATIC NAZCA LINES

There is no doubt that the Nazca lines and geoglyphs are one of the greatest tourist attractions in Peru and one of the greatest enigmas of archaeology. Due to the size and precision of these impressive figures, they have led many to speculate about paranormal phenomena. However, archaeologists credit the drawings to the pre-Inca cultures of the Paracas and Nazca peoples, who created the lines between 200 and 500 B.C.

The Nazca Lines are located 434 kilometers south of Lima, covering an area of 350 square miles in the desert, where majestic geometric shapes, labyrinths, and depictions of plants, humans, and animals may be observed.



The most famous examples are the animal drawings: birds measuring 259 to 275 meters long (giant hummingbirds, condors, the heron, the crane, the pelican, the seagull, the parrot, and others), a monkey, a spider, a snail, a lizard, a 27-meter killer whale, a dog with long legs and a tail, two llamas, etc. Many of the drawings are mixed with lines and spirals.

The German scientist María Reiche dedicated 50 years to the study and investigation of the site, reaching the conclusion that it was an astronomical calendar. The figures of the hand and the tree may be partially observed from the 12-meter high lookout located by the South Pan-American Highway. However, if the goal is to observe the drawings in all their glory, they must be overflowed in a small plane.



CAHUACHI CEREMONIAL CENTER

Cahuachi was the main ceremonial center and the largest in the world of the Nazca culture, covering an area of 24 square kilometers. It is said that this compound was one of the oldest religious ceremonial centers in the Americas (400 B.C. – 400 A.D.). It is made up by several truncated adobe pyramids, one of which measures 28 meters high and 1,000 meters long.

Visitors may reach this important ceremonial center by traveling from Nazca to Cahuachi, a trip that takes no more than 40 minutes.

Cahuachi Ceremonial Center





Antonini Museum, Nazca

ANTONINI DIDACTIC MUSEUM

Av. La Cultura 600, Nazca
Tel.: (056) 52-3444 / Fax: (056) 52-3100

Visits: Mon.-Sun. from 9 a.m. to 7 p.m.

This museum is home to a collection of archaeological pieces belonging to different stages of the Nazca culture. Inside, it is possible to view trophy heads, musical instruments such as antaras, or Andean flutes, textiles, funeral bundles, etc. These findings are the result of excavations at the largest earthen ceremonial center in the world, known as Cahuachi. The museum also offers a view of the hinge canal, just one example of the notable hydraulic ingenuity of our ancestors.

AQUEDUCTS OF CANTALLOC

5 kilometers from the city of Nazca
(15 minutes in car)

Visits: Mon.-Sun. from 9 a.m. to 6 p.m.

This site features an extensive network of underground canals and reservoirs made from stone, in the shape of staggered spirals, attributed to the Nazca culture. Cantalloc includes a total of 46 aqueducts, of which 32 are still in working order. Each section has circular, stepped openings known as "eyes," which were used for the maintenance of the network.

The aqueducts are infiltration galleries built with rounded stone walls and a ceiling of flat stone or huarango tree trunks, which in some cases run for several kilometers below ground at depths of up to 12 meters.

Aqueducts of Cantalloc





Kitesurfing in Paracas



Paracas and its charms, between the sea and the dunes

Desert beaches, peaceful sand dunes, water sports and entertainment for the whole family are just some of the things you will find in the Bay of Paracas.

ADVENTURE SPORTS

Some of the adrenaline-packed adventure sports that have recently become popular at the seaside resorts of Paracas include kitesurfing, windsurfing, and kayaking, all surrounded by an incredible natural environment.

If you prefer to hit the dunes of Paracas, your best bet is the “California Desert,” the perfect site for those looking for a day of adventure spent sandboarding or crossing the desert in dune buggies.

BALLESTAS ISLANDS

18 kilometers from El Chaco Beach (two hours by boat)

Paracas National Reserve is located in the districts of Paracas and Salas. It is a marine/coastal ecosystem with gorgeous views to offer visitors, as well as paradisiacal beaches with the balmy breezes and warm sun so typical of this charming area.

Along the way, visitors will get a view of the Paracas Bay and Peninsula, where it is often possible to catch a glimpse of schools of dolphins and the “Candelabra” geoglyph, an enigmatic figure subject to many hypotheses regarding its origin.

The islands are home to a wide variety of birds, Humboldt penguins, and sea lions, easily viewable from the comfort of the motorboats. It is a truly marvelous sight for anyone who wants to admire nature in all of its splendor.

Sea Lions





Citadel of Chan Chan

THE MOCHICA TRAIL:

FOLLOWING IN THE FOOTSTEPS OF THE MILLENNIA-OLD ROUTE OF THE MOCHICAS

The northern coast of the country was the center of one of the most fertile civilizations of ancient Peru: the Mochicas. This warrior race gave rise to one of the richest cultures in Peru and the Americas, one which continues to surprise the world to this day with the treasures it left behind.



¿How to get there?
The Museum of the Royal Tombs of the Lord of Sipán is located in Lambayeque, on the northern coast, 10 minutes from the city of Chiclayo and 780 kilometers from Lima

Lord of Sipán.

The Moche Trail is one of the tourist destinations aimed at encouraging tourists to visit and learn about some of ancient Peru's most representative expressions, capturing nearly 2,000 years of tradition, art, history, ecology, customs, and living culture of the departments of La Libertad and Lambayeque.

During their time here, tourists may visit the archaeological compounds of the Huaca of the Sun and Moon; the Citadel of Chan Chan; the El Brujo Archaeological Compound; as well as the Museum of the Royal Tombs of the Lord of Sipán; the Museum of Cao; and the Huacas de Moche Museum, among others.



Huaca of the Sun and Moon.

The Huaca of the Sun and Moon

This complex is located eight kilometers south of Trujillo, and is made up of three truncated pyramids with the remains of friezes. These decorations depict religious ceremonies, day-to-day activities, and even representations of the supreme Moche god. With 12,000 square meters of polychrome murals, it is an outstanding example of the earthen construction technologies which the Moche mastered to perfection.



Moche Heritage

At the Huacas de Moche Museum, visitors may observe a series of important ceramic items and other objects that help get a better idea of the Moche worldview. The main ceramics on display include the warrior duck, the blind priest with scars on his face, clothing lined with sheets of gold, and others.



El Brujo Archaeological Complex.



Museum of Cao

The tattooed Lady

The El Brujo Archaeological Complex is located one hour by car from the city of Trujillo. Here, in the so-called “Huaca Cao,” a funeral bundle was discovered in 2006 containing the remains of a woman adorned with jewels that surprised the world, not only due to her excellent state of conservation, but also because it was the first concrete evidence that there were areas governed by women in pre-Hispanic Peru.

The Lady of Cao, also known as the Tattooed Lady, may be observed in a carefully climate-controlled environment for her preservation at the site museum that was erected next to the huaca where she was found.

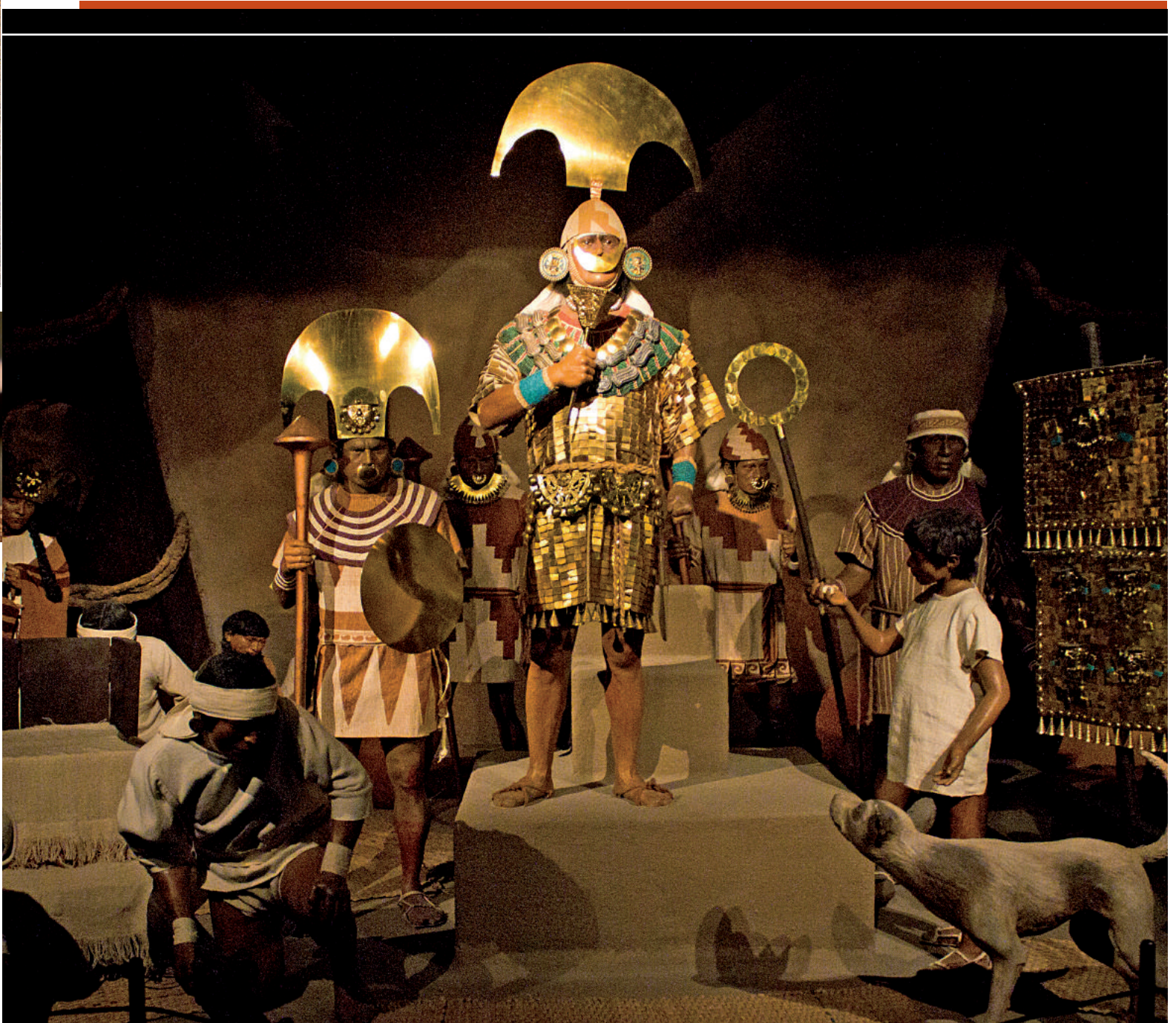
It should be kept in mind during this visit that the complex was an ancient ceremonial center, giving visitors a glimpse of a 5,000-year-old legacy of occupation by human beings, first by nomadic hunters and later by the Moche, Lambayeque, Chimú, and Inca cultures, followed by the Colonial period, right up to the present.

Museum of the Royal Tombs of the Lord of Sipán

This site is a marvelous sanctuary built in the form of a great truncated pyramid, inspired by Mochica architecture. Here, visitors have the chance to get a close look at the museum's extraordinary collection of gold, silver, and gilded copper. A true sacred temple that is home to the kings of the Moche culture, found in sepulchers filled with treasures and human beings sacrificed in their honor.

The museum houses the greatest archaeological discovery of the twentieth century in the Americas: the Lord of Sipán, a Mochica warrior and high priest, considered a demigod by his people, a supreme being found in a large mud pyramid that lay undisturbed for over 1,500 years.

Royal Tombs of the Lord of Sipán

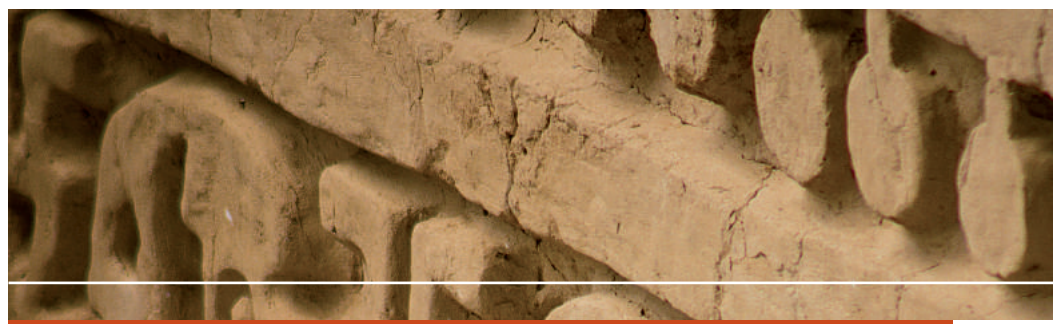


Museo Brunning

Av. Huamacucho s/n Lambayeque.

Very close by is one of the oldest museums in the area, known as the Brunning Museum in honor of a German citizen who came to Peru in the late fourteenth century as a technician, but ended up becoming the most important salvager of ancient history in this part of the country. If the famous golden Tumi hadn't been taken out of the country, it would surely be on display here. The Tumi depicted Naylamp, the god of the sea who created the dynasty of the Lambayeque kings.





Pyramids of Túcume

The Pyramids of Túcume

Another destination not to be missed is Túcume, a land full of traditions and customs. This archaeological site is located 33 kilometers to the north of the city of Chiclayo.

Just an hour east of Túcume is the archaeological site of the same name, comprising dozens of pre-Hispanic pyramids of a considerable size. There are 26 large pyramids of particular note, making this one of the largest archaeological sites in the Americas.

The largest pyramid measures 450 meters long, 100 meters wide, and 40 meters high. Unlike the Egyptian pyramids, which were topped by points, the pyramids of the Americas end in great platforms with temples.

This site museum provides visitors with the intriguing possibility of learning step-by-step about the development, life, and end of the Lambayeque culture.



Seaside Resort of Huanchaco.



Horseback riding.



Seaside Resort of Punta Sal.

BEACHES OF THE NORTH

AN OCEANFRONT PARADISE IN NORTHERN PERU

The Peruvian coast has a wealth of breathtaking and attractive settings with paradisiacal beaches, fine white sands, a sea breeze, seductive waves, and a range of other offerings for lovers of watersports and adventure. Fishing and cuisine, along with comfort and relaxation, await those looking to take in the fascinating natural landscapes of this region.

ZORRITOS

Located in the far north of Tumbes, Zorritos is one of the few Peruvian beaches with a tropical climate. It has an average temperature of 24° C, white sands, sun, and guaranteed peace year round. Its warm waters make for a truly refreshing experience.

The zone also features a wide range of biodiversity, which the local residents put to good use. The grouper is a favorite fruit of the sea among visitors.

The zone offers lodging, shopping, restaurants, internet cafés, and a beach perfect for motorboat racing and surfing.

NATURAL SITES

PUERTO PIZARRO AND THE MANGROVE SWAMPS OF TUMBES

To complement your trip, you can visit Puerto Pizarro, a gorgeous port town located 11 kilometers from Tumbes via the North Pan-American Highway. Its shallow waters are ideal for windsurfing, waterskiing, and riding in motorboats, making it a popular destination for tourists.

The fishermen's cove of Puerto Pizarro is also the point of departure for boat visits to the mangrove swamps of Tumbes, an ecosystem made up of labyrinthine reed beds, estuaries and swamps, a refuge and food source for countless species of crustaceans, mollusks, fish, and a variety of fauna. To make the most of this trip, it is recommended to hire the services of a local guide, so you can take a boat tour and visit several of the nearby islands.

During the tour, you will see a wide range of birds, many of them unique and in danger of extinction, such as the different types of herons or the frigatebird. You will also have the chance to watch the change in the level of the tides.

Another point of interest is the Tumbes crocodile hatchery, where visitors may observe all the different stages of this animal's growth. This hatchery is particularly important due to the fact that the Tumbes crocodile is currently in danger of extinction.

After a few hours exploring by boat, visitors can return to firm land to explore the varied culinary offers along the oceanfront, especially the seafood dishes with a touch of chili pepper and lime so characteristic of Peruvian seasoning.

¿How to get there?

By Land

1,276 kilometers from Lima to Tumbes (18 hrs.)
27 kilometers from Tumbes to Zorritos (30 min.)

By Air

From Lima to Tumbes (1 hr. 15 min.)

Zorritos Beach

PUNTA SAL

The most elegant and sun-soaked beach in Tumbes, with a length of nearly 6.5 kilometers. Fishing and scuba diving are excellent choices in the warm, clear waters here. If you're looking for something to eat, Punta Sal is perfect for shrimp, lobster, and the freshest fish in the north.

The seaside resort of Punta Sal is ideal for water sports or horseback riding, and is popular with Lima's residents as a site for rest and relaxation due to its charming tranquility. From June through October, humpback whales can be spotted from the shore.

This zone is dotted by private homes, along with a few hotels, such as the Hotel Royal Decamerón Punta Sal and the Punta Sal Club Hotel.



¿How to get there?

This beach may be reached by taking the 2-kilometer turnoff at Kilometer 1,188 of the North Pan-American Highway.

By Land

1,270 kilometers from Lima to Tumbes
(18 hrs.)

80 kilometers from Tumbes to Punta Sal
(1 hr. 15 min.)

By Air

From Lima to Tumbes
(1 hr. 15 min.)





¿How to get there?

Máncora and its nearby beaches may only be reached by land along the North Pan-American Highway. A variety of bus companies serve Máncora from Lima, Tumbes, Piura, Guayaquil in Ecuador, and other cities around Peru. It can also be reached by taxi and other means of transport from the airports near Máncora.

The quickest way to reach Máncora or its nearby beaches is to take a flight (approx. two hours) from Lima to Piura or Tumbes. From either of these two cities, it is possible to find land transportation (vehicle rental, private taxi, shared van, interprovincial bus).

Zip-line in Máncora

MANCORA

This site has developed into a potential tourism hub for Peruvian and foreign surfers, offering perfect waves for this water sport, as well as a warm climate with an average temperature of 26° C. Its origins as a fishing cove can still be seen everywhere. It provides other adventurous experiences such as the zip-line, scuba diving, excursions, and more.

Máncora's beaches are known for their distinctly colored sands, ranging from beige to almost orange, as well as the crystalline blue-green waters in the summer and turquoise in the winter. It sits in a privileged position near two ocean currents year round (the cold Humboldt and warm El Niño currents), whose combination makes it a favored habitat for delicious marine species perfect for preparing ceviche with grouper, swordfish, and shrimp.

But that's not all. If you're looking for waves, you'll find them here all year round. The beach is famous for its left reef break that can reach heights of up to two meters. So now you know, if you want to relax on an uncrowded beach with great waves and get to know the local people and their customs, you can't go wrong with El Nuro.

On the other hand, the exclusive beach of Pocitas is located three kilometers from the center of Máncora. Its curious name comes from the delightful natural pools that form among the rocks when the tide is out.

There is no pavement in Pocitas, and the great care taken by residents in conserving the area is evident in the lush green vegetation that surrounds the houses of this seaside town, with countless palm trees along the shore of the turquoise sea, and the white sand that gives it that tropical touch that makes so many fall in love with this place.

For those looking for a romantic getaway or family vacation, Vichayito is the place for you, with sand and sun all year round.



Cabo Blanco.

CABO BLANCO

The history of Cabo Blanco is closely tied to sport fishing, which has attracted many famous people to this hidden port in search of the great black marlin. One of the most illustrious guests was Ernest Hemingway, the winner of the 1954 Nobel Prize for literature. Cabo Blanco is also greatly admired by surfers for its left tube waves.

The waters here are the only ones in the world with a twelve-month fishing season. Black marlin, swordfish, and bigeye tuna may be caught any month of the year, but it is from December through March that these species are most numerous.

This site has a great deal of history among its crystalline waves. It was here, in 1953, that the American Alfred Glassell, Jr. caught the biggest marlin on record, at an incredible 780 kilograms and a length of four meters. A true world record.

¿How to get there?

Cabo Blanco can be reached from the town of El Alto, located at Kilometer 1,137 of the North Pan-American Highway.

By Land

973 kilometers from Lima to Piura
(12 hrs.)

153 kilometers from Piura
(2 hrs. 15 min.)

By Air

From Lima to Piura
(1 hr. 30 min.)



Surfing at Cabo Blanco Beach.



El Ñuro Beach

¿How to get there?
The beach of El Ñuro is located in the province of Talara, in the department of Piura, at Kilometer 1,145 of the North Pan-American Highway. By bus from Lima, the trip takes approximately 15 hours.

THE ÑURO

The beach of El Ñuro is yet another of Piura's jewels, located 6.6 kilometers from Los Órganos. It possesses a stunning wealth of marine resources, for which reason it has an enormous artisanal fishermen's landing. Its wide variety of marine species has led many to consider it a marine laboratory, visited by students and scientists seeking to undertake studies and research.

LOS ÓRGANOS

This beach is located in the district of Los Órganos, province of Talara, near Kilometer 1,153 of the North Pan-American Highway, just 10 minutes from Máncora. It offers great weather, with a temperature ranging from 32° C to 19.5° C.

But this zone has more than just beaches; it is also home to splendid natural scenes. For some time now, Tumbes and Piura have become popular destinations during the months of August, September, and October, when enormous humpback whales swim in from Antarctica and approach the Peruvian coast to reproduce and raise their calves. These whales may measure up to 17 meters long and weigh over 40 tons.

Not only is it possible to witness the magnificence of the whales as they swim and leap out of the water, but their young also engage in their first games at their mothers' sides. Observers may also catch a glimpse of playful dolphins, tranquil tortoises, and a variety of birds who always accompany the whales, such as the Peruvian booby or the swallow-tailed kite.

Recommendation

When entering natural areas, avoid polluting the environment. Don't throw anything into the ocean. Remember that this can cause many marine species to migrate or even die.



Whale watching.

HUANCHACO

The seaside resort of Huanchaco is located 13 kilometers to the northeast of Trujillo. It is famous for its traditional “caballitos de totora,” or reed canoes, used for sailing and fishing since the times of the Mochica and Chimú cultures. Nowadays, Huanchaco is home to international surfing competitions, including one of the best-known longboarding tournaments in the world, held during the summer months of each year.

It also offers visitors a variety of culinary delights, such as the tacu tacu with prawn and countless other fruits of the sea.

Seaside Resort of Huanchaco



¿How to get there?

By Land

561 kilometers from Lima to Trujillo
(8 hrs.)

13 kilometers from Trujillo to
Huanchaco (25 min.)

By Air

From Lima to Trujillo
(1 hr. 10 min.)





CHICAMA

Chicama, one of the most internationally-famous of Peru's beaches, is a perfect spot for surfing, with the world's longest perfect left wave. Chicama, or Puerto Malabrigo, is located in the province of Ascope, in the department of La Libertad.

Waves can be found year round in Chicama, but the best time to visit is between March and October. The weather is warmer from November to May, with temperatures of up to 30° C, while the cold season runs from July to September, when temperatures drop to 16° C.

The best way to reach Chicama is by bus from Trujillo, the nearest major city, located 70 km away. Buses leave every half-hour from the Casinelli Museum. Take the buses headed for Chicama, Paján, or Ascope. When traveling by car, head toward Kilometer 614 of the North Pan-American Highway.



Fortress of Kuélap

AMAZONAS, KUÉLAP, AND GOCTA

AN EXPLORER'S DESTINATION

The legacy of the Amazon offers the world priceless archaeological, natural, agricultural, livestock, ethnic, folkloric, and human treasures. Chachapoyas is the point of departure for visiting these cultural and natural sites which are guaranteed to leave you breathless.



City of Chachapoyas

Chachapoyas is a city in northern Peru, and the capital of the province of Chachapoyas in the department of Amazonas. Nestled in a forested zone, it is classified as an Andean city. It still conserves traces of its past in the form of Viceroyal- and Republican-style mansions and balconies with tiled roofs.

Starting off your visit, the Main Square of Chachapoyas is surrounded by beautiful Colonial mansions with traditional balconies. Many of them have been converted into hotels, restaurants, and stores. Of special note are the Municipal Palace and the house where the forefather of Peruvian independence Toribio Rodríguez de Mendoza was born, which is now the house and offices of the Bishopric.

This city is the gateway to magnificent archaeological and natural scenes, such as the imposing Fortress of Kuélap, a construction which the Chachapoyas culture built in the heights between the Andes Mountains and the jungle. Visitors can also take a trip to the giant Gocta Waterfall. Be sure not to miss the Sarcophagi of Karajía while in the area. A trip to the majestic Pomacocha Lake is another must-see for all visitors.

A giant stone fortress in the middle of the jungle

The Fortress of Kuélap is located on the top of a mountain, at 3,000 meters above sea level. It is estimated to have been built around 1000 A.D. by the Chachapoyas culture to defend themselves from attacks by other tribes. It was used as a refuge for noblemen, as well as a food storage site



¿How to get there?

The most economical option for visiting this major archaeological center is to take the bus from Lima to Chachapoyas via Chiclayo, covering a distance of approximately 1,400 kilometers. The trip takes 22 hours along a completely paved, safe highway.

After reaching the city of Chachapoyas, you can join a tour to the fortress of Kuélap. The trip takes three hours, traveling along the left bank of the Utcubamba River. Once you have made it to the archaeological zone, there is a 20 minute walk to the fortress. We recommend bringing a hat, water, and raincoat.



Fortaleza de Kuélap.

Kuélap is the most distinguished example of the cultural wealth of this area of Peru. Its impressive constructions were erected before the time of the Incas, displaying the resourcefulness and intelligence of our ancestors, who built complex passageways, massive walls made from blocks of stone, and a sophisticated drainage system. This is especially impressive given the geography and difficulty of accessing this area.

In the Chachapoyas language, “Kuélap” means “cold place.” Despite being situated in the Peruvian jungle, this area has a mild climate, dry during the day with low temperatures at night.

According to researchers, the first level of the fortress was inhabited by the common citizens, while the second level was home to the military class and the third to noblemen and priests. Approximately 500 buildings have been found inside the fortress.



¿How to get there?

In order to view the Sarcophagi of Karajía, visitors must first head to the city of Chachapoyas. From there, they have various options. Chachapoyas may be reached from Lima via Chiclayo, covering a total distance of 1,409 kilometers. The second possible route from Lima passes through Trujillo and then Cajamarca. The distance is greater, at 1,716 kilometers (30 hours).

The third option is to fly in to one of the nearby cities (Cajamarca, Trujillo, Chiclayo, or Tarapoto) and take a bus from there to Chachapoyas.

The Sarcophagi of Karajía are located 48 kilometers from Chachapoyas, requiring a two-hour trip by car followed by a 20-minute walk.

Sarcophagi of Karajía

THE ENIGMATIC SARCOFAGI OF KARAJÍA

In the province of Luya, in the department of Amazonas, visitors may journey to the Sarcophagi of Karajía, created by the ancient Chachapoyas culture, who left these vestiges in a site that is extremely hard to get to. It is estimated that these sarcophagi date from 1000 to 1300 A.D.

Each sarcophagus is made up of two members: the head, which was decorated with a trophy skull; and the bust, which was decorated with geometric shapes. They sit in a row on a calcareous rock ledge, overlooking a sheer drop into a deep valley. From their vantage point on high, they seem to keep watch over the zone where the cadavers inside them lived during their lifetimes.

The sarcophagi measure over two meters high, and are arranged in groups of four to eight. To visit them, it is necessary to go with a guide. Along the way, you may also take in other Amazonian attractions such as the archaeological remains of Revash, Chipuric, San Antonio, the Town of the Dead, and Gran Vilaya.



Gocta Falls

¿How to get there?

It is necessary to travel an hour by car from Chachapoyas to Cocachimba. From here, the trek to the falls takes approximately five hours, round trip.

GOCTA

The Gocta waterfall, known locally as “La Chorrera,” is one of the most beautiful waterfalls in Peru. At 771 meters high, it is considered the fourth-highest waterfall in the world, and is located near the villages of Cocachimba and San Pablo, in the district of Valera, department of Amazonas.

To reach the falls, visitors must make a five-hour round-trip trek from Cocachimba through a broad valley that is home to virgin cloud forest. There are 22 other waterfalls around Gocta, some of which boast an impressive beauty, especially during the rainy season.





Pacaya Samiria National Reserve

THE AMAZON

THE MOST GIGANTIC ON THE PLANET



Peru is the birthplace of the Amazon River. This river is the longest, most voluminous on the planet, and the surface area of its basin is unrivaled. It is an extremely important source of oxygen for our planet, and is officially considered one of the seven natural wonders of the world.

Boating along the generous waters of the Amazon is an incomparable experience. It is inarguably the most impressive river on the planet, originating in the Peruvian Andes and flowing to the east, crossing through Brazil and finally emptying—over 6,000 kilometers later—into the Atlantic Ocean.

At its widest point, the Amazon River measures 11 kilometers during the dry season. However, during the rainy season, when the river overflows into the surrounding flood plains, it may expand its domain up to 45 kilometers across.

The Amazon River Basin is shared by seven countries (Bolivia, Brazil, Colombia, Ecuador, Guyana, Peru, and Venezuela), and accounts for nearly 20% of the Earth's total freshwater supply, excluding polar ice.

Flora and Fauna

The waters of the Amazon are extraordinarily fertile. To date, over 3,000 species of fish have been found there, more than in the whole Atlantic Ocean. As if that weren't enough, the biodiversity of the Amazon Jungle is home to at least 2.5 million species of insects, tens of thousands of different plants, and approximately 2,000 birds and mammals. A vast part of the world's currently known bird species are found here.

The diversity of the plant species found in the Amazon Region is the greatest on Earth. There are an estimated 75,000 different types of trees, and approximately 150,000 plants. Those who decide to navigate it will have the opportunity to observe this diversity all along the Amazon River. The high point of any visit is undoubtedly the Pacaya Samiria National Reserve, one of the best-conserved jewels of the Amazon, infused with an enigmatic charm.

White caiman



Yellow-spotted river turtle



Red howler monkey

¿How To Get There?

The city of Iquitos and the great Amazon Jungle through which the river flows can only be reached by air or by river. Daily flights leave the city of Lima (90 minutes), while access via river from the border cities of Leticia (Colombia) and Tabatinga (Brazil) may take 12 hours to four days, depending on the type of boat used.



Pacaya Samiria National Reserve.



Aquatic plant in Lago Blanco



PACAYA SAMIRIA NATIONAL RESERVE

To penetrate the depths of the Amazon and get lost among palm trees and exotic fruits, it is necessary to set sail from Iquitos or Nauta. You can navigate the confluence of the river's two main tributaries, the Marañón and Ucayali Rivers, which also marks the exact entryway into the Pacaya Samiria National Reserve, the land of lakes and pink dolphins, a nature lovers' paradise.

Treks can also be undertaken through the forests, visiting native communities where you may observe local peoples and their villages, as well as a wide range of fauna, such as blue-and-yellow macaws, herons, Amazon kingfishers, sloths, caimans, monkeys, and much more.

EL MANU

El Manu National Park is located in the regions of Cusco and Madre de Dios. It features one of the richest and most diverse ecosystems on the planet, with over 5,000 plant species, equivalent to one-sixth of the world's flora; and more than 50 species of globally threatened species.

Most notable among its fauna are the jaguar, the tapir, the collared peccary, the manatee, the puffin, the Rio Mayo titi, the spider monkey, the capybara, the macaw, etc.



El Manu.



Jaguar

¿How to get there?

El Manu National Park may be reached through the city of Puerto Maldonado. It is possible to fly in from Jorge Chávez National Airport in Lima, or travel by land from the city of Cusco. The park may be accessed from Puerto Maldonado by river or by air. When coming from abroad, it is necessary to pass through Lima first, and then fly in to Puerto Maldonado.



Andean cock-of-the-rock, or tunqui

¿How to get there?
The Tambopata-Candamo National Reserve may be reached by motorized canoe via a three-hour trip along the Tambopata River. It is also possible to fly in from Cusco to Puerto Maldonado, followed by a three hour boat trip along the Puerto Maldonado-Tambopata route.



Tambopata-Candamo National Reserve

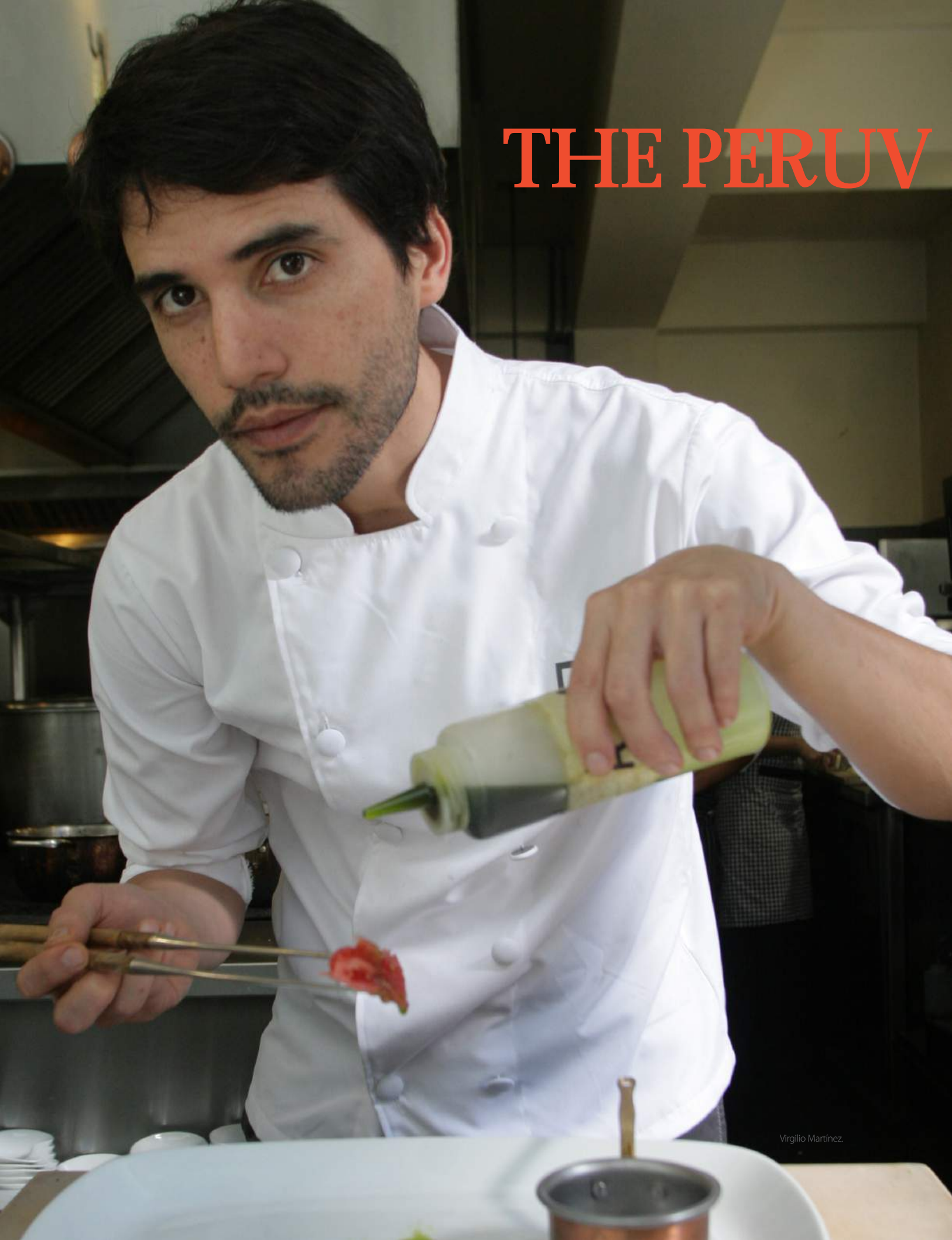
TAMBOPATA-CANDAMO NATIONAL RESERVE

This zone is located southeast of Puerto Maldonado, and has been the subject of numerous television documentaries. We invite you to visit one of the largest macaw and mammal clay licks, or collpas, in the world.

The Tambopata-Candamo National Reserve protects a broad range of landscapes and wildlife, including the Amazon kingfisher, herons, caimans, and giant otters, as well as spectacular waterfalls, incredible clay licks visited by hundreds of parrots, monkeys, and tapirs; swamps filled with palm trees used for nests by a range of birds; and rivers with white sand beaches for camping. All of these marvels attract tourists, scientists, and wildlife photographers from around the world.

The Tambopata-Candamo region holds various world records regarding flora and fauna in the region: 545 species of birds in an area of just 5,500 hectares; 1,122 species of butterflies; 151 species of dragonflies; and 29 species of tiger beetles.

THE PERUV



IAN GASTRONOMIC SCENE IS FORCIBLY EMERGING AS ONE OF THE MOST IMPORTANT CUISINES IN THE WORLD.

THREE RESTAURANTS IN 50 BEST OF THE WORLD

Peru has deservedly achieved a reputation as a culinary destination attracting tourists. For the fourth consecutive year, the country has been elected as Best Culinary Destination in South America by the World Travel Awards, which is considered the Oscars of the tourism industry. This recognition places us at the center of eyes of the world attracting 500,000 visitors per year.

Lima has become a metropolis of exquisite fine dining. According to The 50 Best organization, the most prestigious restaurant ranking system, in 2015 the capital city holds 3 of the top 50 Best restaurants in the world and 7 of the top 50 Best restaurants in Latin America.

A pride and joy of Peru was the top ranking of Central restaurant by chef Virgilio Martinez, which placed number 4 in the world and number 1 in Latin America. The success of the restaurant is due to the innovative approach and passion of this husband-wife team between chef Virgilio and his head chef Pia. They opened Central in 2009 and it has been a quick ride to the top with being included in the 50 Best list in 2013 as number 50, skyrocketing to number 4 in 2015. His training includes London, New York, Bogotá and Madrid.

His distinctive touch is that his menu spans the country vertically from 25



metres below to 4,200 metres above sea level to include the largest diversity of local produce and crops ranging from the Andes to the jungle. He applies an anthropological method similar to that used by the peoples of the Andes in pre-Hispanic times: through vertical ecological monitoring. He has an insatiable curiosity to travel the Peruvian countryside searching for new ingredients at all altitudes discovering all ecological systems so that he can apply his findings to his innovative cuisine.



Casa Moreyra hailing from Peru's iconic chef Gaston Acurio whose dream to spread Peruvian cuisine to the world began in 1994 with his first restaurant Astrid & Gaston. His initial concept A&G relocated in 2014 to Casa Moreyra, an old hacienda style house that is more than 300 years old. Gaston Acurio has mastered an avant-garde cuisine with Peruvian local products, which is impeccably presented at Casa Moreyra, number 14 in the world.

Maido which means "welcome" in Japanese is the creation of chef Mitsuharu Tsumura, whose

Japanese lineage has inspired him to build this palace of Nikkei cuisine sitting at number 44 in the world. Having been raised in Peru, educated in the United States with practical training in Japan, Misha, as the chef is otherwise known, brings a unique perspective to his fusion concept of using superior Peruvian ingredients with the craft of Japanese cooking techniques. He infuses his cuisine with imagination of his childhood in Peru and travels to Japan to present the merging of two extraordinary culinary cultures with so much tradition.



Gastón Acurio



Mistura

Lima's ascent to become one of the world's leading gastronomic destinations is due primarily to the origins of Mistura, South America's largest food festival that celebrates the diversity of Peruvian cuisine.

The unrivaled variety of ingredients Peru has to offer comes from the biodiversity of the coastal, Andean and rainforest regions. The richness of the cuisine is also due to the immigrants from Europe – mostly Spanish and Italian, Asia – particularly China and Japan, and Africa who have historically contributed their culinary customs and foods and to the indigenous ones making modern Peruvian cuisine a beautiful kaleidoscope of flavors. Creole or “criolla” food consists of traditional dishes from the mestizos between Spanish and Inca natives; Chifa refers to the food of the Chinese descendants; Nikkei points to the food of the Japanese immigrants; while Nuevo-andino

is contemporary cuisine hailing from the Andes. Mistura places Peruvian cuisine and its diversity on the world stage through this annual festival that takes place every September in Lima during 10 days. It is one of the largest and most important food festivals in the world attracting 500,000 visitors and 390 Peruvian producers from 24 regions. This gastronomic festival has become a tourist attraction that showcases 210 stands of food and beverage including Peruvian delicacies such as guinea pig, anticuchos, ceviches, cylinder barbecue and Pisco.

For the first time in its eight years of existence, the fair in 2015 was declared an event of national importance by the Executive branch. Through Mistura, artisanal gastronomic traditions and ancestral cooking techniques are preserved, highlighting the cultural importance of this event.

Pisco

Pisco is the national beverage of Peru and a source of national pride. Made from grapes, it is a clear brandy and its uniqueness as the only spirit in the world that distilled to proof makes one of the noblest in the world.

Pisco is the oldest beverage in the Western hemisphere; artisanal production methods of fermentation in clay containers and small batch distillation are preserved today

Its history traces back to the 1500's when the Spaniards brought grapes during the conquest of Peru. These grapes were initially used for wine, but when trade mandates from the Spanish King Felipe II halted the exports of Peruvian wine, Jesuit priests began distilling this wine into a brandy. Pisco gets its name from the port city bearing the same name as well after the people of the region called Piskos.

Pisco is a terroir spirit as its special qualities are due to the fact that the grapes are grown in the desert region of Peru irrigated by pristine waters from the Andes. The differentiating point being that this spirit is distilled to proof without being diluted with added water through a discontinuous production in copper pot stills. Unlike cognac, Pisco is not aged in wood in order to maintain the freshness of the grape flavors being distilled.

The varieties of Pisco are categorized by the 8 grape varieties in Peru used to make Pisco: quebranta, molar, negra criolla, muscatel, italia, torontel and albilla. There exists a strict denomination of origin limiting the production area to the South of Lima, which includes the regions Lima, Ica, Arequipa, Moquegua and Tacna. All of these requirements behind the appellation of origin is what makes our Pisco so unique and versatile for drinking on its own as one of the finest brandies in the world or in cocktails.

The Pisco sour, Peru's iconic cocktail was invented in 1916 in Lima by American Victor Morris. Based on the whiskey sour recipes as a base it consists of pisco, lime juice, simple syrup and egg whites. Another important classic cocktail is the Pisco punch invented during the Gold Rush in San Francisco which was the cr me de la cr me of cocktails during the 1850s and was imbibed by the likes of Rudyard Kipling and Mark Twain. Modern day you see many contemporary bartenders creating cocktails such as the Chilcano, which is very popular in Peru during summer time, served with ginger ale and lime juice.

Pisco is part of Peru's cultural identity and as such a crown jewel in playing an important role in Peruvian gastronomy.

Piscos Sour



Our Heritage: THE PERUVIAN CUISINE



Food has been the universal sustenance of humankind, thanks to which we have been able to subsist and develop to our full capacity.

Human beings have survived scarcity and famine, extreme situations caused by natural disasters and conflicts, as well as human activities that have posed a risk to the sustainable development of the planet.

The Incas' diet included basic ingredients such as potatoes, maize, and quinoa, which the Spaniards later incorporated in the sixteenth century into the cooking techniques of the Iberian Peninsula, while European ingredients such as citrus fruits, beef, and different sweets gradually made their way to the New World.

The arrival of African immigrants gave our cuisine the color, flavor, and creativity behind dishes such as tacu tacu; humitas (a type of sweet tamale); turrón (a traditional anise-and-honey nougat); frejol colado (dessert made from black beans); and anticucho (skewered cow heart slices with seasoning).

The nineteenth century marked the arrival of the Chinese as laborers for the cotton and sugarcane plantations, followed by the Japanese, each of whom contributed their own traditions, continuing the fusion that would later give rise to an incredibly diverse cuisine rich with the natural ingredients, flavors, and aromas of our land. It is thanks to this complex history that Peru now offers an exclusive cuisine made up of foods and flavors from four continents in just one country.

The Peruvian culinary arts are constantly evolving and adding to the wide variety of traditional dishes, making it difficult to offer a complete list of our most representative foods. It should be noted that there are over 2,500 known types of soups along the Peruvian coast. To name just a few, we have the chupe de camarones, a type of shrimp chowder; sopa criolla (a type of beef stew in a tomato-based broth with angel hair pasta); sopa teóloga (traditionally eaten at the beginning

of Holy Week in the department of La Libertad); and more.

We would be remiss not to mention the king of the Peruvian coast: ceviche, considered by the country's residents to be part of our national identity, to such an extent that it was formally declared Cultural Heritage of the Nation. Another of the most popular dishes in Peru is lomo saltado, a stir-fried beef dish with a Cantonese influence, together with a wide variety of traditional Lima Creole dishes, as well as even more from the highlands and the jungle.

When it comes to beverages, the recognition of Peruvian pisco has transcended the borders of our country, becoming our flagship product, and one that has delighted the palates of Peruvians since the 1920s. We also have chicha morada, a purple corn drink and the national beverage par excellence that has been enjoyed by Peruvians since the times of pre-Incan chieftains, and can still be found accompanying practically every meal to this day.

Peruvian cuisine, the cuisine of the future

Currently, Peru has numerous culinary schools. There are over 25,000 young people who see in this age-old, yet postmodern art a source of great possibilities for their development as human beings, and a chance to start their own businesses. As a guarantee of top-notch taste buds, our cuisine acts as a promoter of significant economic activity, generating nearly US\$1.5 billion in sales per year and approximately 300,000 jobs.

Nowadays, being a chef in Peru is an interesting prospect for our youth, an area of study that opens doors to foreign travel and the chance to learn about one of the cultural characteristics of which Peruvians are proudest. The culinary boom being experienced in Peru and the recognition of our food as Cultural Heritage of the Americas by the Organization of American States (OAS) represents a major contribution to a millennia-old culture.



Ceviche.



Jumped loin







Ministry of Foreign Affairs

