



Names like Huancayo, Ayacucho, and Huancavelica carry with them a mystique that can only be experienced by being there. Join **Lifebound Tours** on this first adventure into central Peru and be enthralled by traditional textile weaving, amazing Andean scenery, abundant open-air markets, and the remains of ancient Peruvian civilizations. We will also enjoy native celebrations, the guano islands, and a primitive jungle cruise on this new sortie.

Our 19-day tour will travel by motor coach from Lima into the central Andes and down to the tropical Perene River. We will visit the pre-Columbian ruins of Caral, Kotosh, and Vilcashuamán; shop in the markets of Mantaro, Barrio Santa Ana, and Quinua; and take in the spectacular beauty of the Huayhuash Cordillera, the Bosque de Piedras, and Lago Junín.

This small-group tour costs only \$3700 including air fare, lodging, and meals. It is packed with adventure, great food, Andean music, natural beauty, abundant bird life, and lots of outdoor exploration.

Don't let this unique, fully-escorted expedition slip through your fingers. Contact Rick at (760) 742-3455; lifebound@hotmail.com, or PO Box 700 Fallbrook, CA 92088 and reserve your place today!

Specifics

Group size: 10-16 (first come, first served)

Tour conductor: Rick Marin [CST# 2057883-40]

Required documents: Valid Passport

Contingencies: 4 days at over 10,000 ft altitude
3 days on gravel roads

Payment schedule:

Reservation: \$250 (non-refundable)
4 months prior to departure: \$1500
2 months prior to departure: remainder

Discounts: \$100 if you apply before Nov. 3, 2009
\$200 for each friend you bring

Single room (if desired) supplement: \$500
Pre-trip cancellation fee: \$750 (insurance available)
Departure date: **May 3, 2010**

Central Peru

Departing May 3, 2010

Daily Highlights

Day Activity

- 1 M** Fly over the equator to Lima, Peru's capital on the shores of the Pacific.
- 2 T** Visit La Punta; the Huacho palace of Puruchuco; and Tupac Amaru where 2000 Inca mummies were discovered underground in 2002.
- 3 W** Venture north through spectacular coastal sand dunes to the desert pyramids of Caral, South America's oldest city-state.
- 4 T** Sail to Las Ballestas Islands for spectacular sightings of Peru's guano birds in Galapagos-like colonies before traveling up one of the rocky gorges that slither into the Pacific.
- 5 F** Transect the Andes over the fabulous Abra Apacheta pass by motorcoach in a world transformed by ancient Incas.
- 6 S** Relax in our legendary, Ayacucho hotel, wander through the city's museums and churches, or shop in the markets before enjoying an evening folklore show.
- 7 S** Adventure into the hinterland for a visit to the impressive, remote Inca ruins of Vilcashuamán.
- 8 M** Follow the Mantaro River upstream through avocado groves, cactus slopes, and lúcuma plantations finally ascending to the traditional mining town of Huancavelica.
- 9 T** Board the narrow gauge train through mountain villages, rocky tunnels, and high passes on our way to artisan-rich Huancayo.
- 10 W** Observe the crafting of belts, weavings, carved gourds, and silver jewelry in the famous Mantaro Valley and purchase them at bargain prices.
- 11 T** View hundreds of cave paintings at Pintish Machay before watching dramatic vegetation changes as we descend the eastern slopes of the Andes to our tropical lodge near Satipo.
- 12 F** Scramble into a dugout canoe for a three-day Amazon sortie into Campa Indian country on the Perene and Tambo Rivers.
- 13 S** Relax in this green paradise; search for jungle waterfalls; interact with the flora, fauna, and natives while feasting on yuca, plantains, and fish.
- 14 S** Ascend the Perené River for a water slide, a rendezvous with our motor coach, and a ride to our 18th-century hacienda near Tarma.
- 15 M** Explore the Grutas de Huagapo, South America's deepest cavern; the impressive Cañon de Ushtu gorge, and the maca-growing east side of Lake Junín.
- 16 T** Travel north to see the spectacular rock formations at Bosque de Piedras; the waterfowl on the west side of Lake Junín; the world's highest city, Cerro de Pasco; and the scenic descent to Huánuco.
- 17 W** Visit attractive Huánuco in the Upper Huallaga Valley; tour the Temple (oldest in the Americas) of Crossed Hands at Kótosh; and proceed to the Yanahuanca Valley.
- 18 T** Walk a section of Inca road near the Huayhuash Cordillera ("Touching the Void"); slip into Peru's best thermal bathes at Churín; and wind down along vanishing streams to Lima in time for our flight home.
- 19 F** Arrive home filled with memories and a desire to return to Central Peru, a land touched only by the adventurous.