



## A SAMPLE ITINERARY

Page 1

Created By  
Friendship Ambassadors Foundation, Inc.

---

### ***PERU***

*B = breakfast, L = lunch, D= dinne*

#### **Day 1: Saturday, April 4, 2009 – Arrival at Lima, Peru - Miraflores (All meals en route, D)**

Please arrive early for your international flight for Lima, Peru (please double check with Friendship Ambassadors for check-in times and requirements). Try to get some rest on board. To minimize the effects of jet lag, we advise to avoid sugar, caffeine, salt and alcohol. Drink a lot of water to keep hydrated!

***Welcome to Peru!*** Arrive safe in Lima airport and meet English-speaking FAF tour managers, who will accompany you throughout your stay in Peru. Board private motor coaches and transfer to your 3-star hotel located in the modern and lively district of Miraflores.



***Lima*** - Called "*Ciudad de los Reyes*" (City of Kings) for the Spanish conquerors, Lima was founded by Francisco Pizarro on January 18th , 1535 on Rímac Valley, in which diverse pre-Inca towns had been developed, then dominated by the Inca nation. Today it is a great city, the capital of the Republic of Peru, and it is a great metropolis with near 8 million inhabitants. Its historical center and San Francisco's Convent have been denominated by UNESCO "Cultural World Heritage Site" because of the beauty and wealth of much of their constructions. During the colonial time, it was the most

important city in South America and it concentrated the whole trade of the Hispanic colonies toward Spain, reaching their maximum splendor during the XVII and XVIII centuries. It was the capital of "Nueva Castilla" also after the Viceroyalty of Peru. From Callao (port), many territories in the Pacific coast were discovered such as the Polynesia, and nowadays you can discover all the enchantments of Peru. In Lima you will find imposing colonial constructions, museums in which you will be able to recreate a complete image of the millennial Peruvian past in its archeology, history, art and pre-Inca archaeological locations.

A welcome dinner with Peruvian music and dance reception will be arranged for you at a local restaurant. Have a good night's rest to recuperate from your flight from Los Angeles.

#### **Day 2: Sunday, April 5, 2009– Lima Sightseeing (B on board, D)**

Enjoy a hearty breakfast at your hotel. Board your private motor coaches to begin your guided city tour through the *Historic Center of Lima*. The Historical Center of Lima is declared a World Heritage Site by UNESCO. During the colonial time, the city of Lima, headquarters of the Viceroy, was walled, and in this area the main Spanish constructions were built constituting invaluable historical monuments. In your tour of the colonial quarter, we will visit sites such as the *Plaza de Armas*, and see the *La Casa de*

---

***Friendship Ambassadors Foundation, Inc.***

Address: 299 Greenwich Avenue Greenwich, CT 06830 - USA  
Phone: +1 (203) 542-0652 \* Fax: +1 (203) 542-0661  
Email: friendlyam@faf.org \* Web Site: www.faf.org



## A SAMPLE ITINERARY

Page 2

Created By  
Friendship Ambassadors Foundation, Inc.

---



*Aliaga, La Iglesia y Convento de Santo Domingo, La Catedral and La Iglesia y Convento de San Francisco*, also declared "World Heritage Site" for the artistic jewels that it possesses and for their beautiful architecture. In contrast to the religious structures, the *Torre Tagle Palace* is the city's best surviving example of secular colonial architecture.

Lunch will be on your own. There are many restaurants and cafes in this area. Continue your exploration of Lima with a visit to the *Museo de Arte de Lima* (Lima Museum of Art) this afternoon (admission included). Built in 1870/1871 in the neo-Renaissance style, the museum holds art collections of the pre-Incan, Incan, colonial period, Republican era, contemporary art of Peru.

FAF will seek to arrange a **performance opportunity** at the Miraflores Square overlooking the Pacific Ocean (to be arranged). Dinner will be arranged tonight. Have your overnight stay at your hotel.

### **Day 3: Monday, April 5, 2009 – Lima: Sightseeing & Concert (B, D)**

Enjoy breakfast at your hotel. Continue your exploration of Lima with a guided tour of the *Plaza San Martin, Plaza Mayor, the Government Palace, the City Hall, and the Moorish arches and underground Catacombs*. Lunch will be on your own today in the vicinity where there are many restaurants and cafes.

Transfer by coach to the **National Museum of Anthropology and Archaeology** (admission included). The museum in the Plaza Bolivar is one of the most interesting museums in South America, with a superb collection of pottery and textiles from all the main cultures of ancient Peru.



Prepare for your concert tonight, which will take place at a historic Lima church, possibly the **Basilica Cathedral of Lima** (pending confirmation).

A festive dinner will be arranged in the district of *Barranco*. *Barranco is one of 43 districts in Lima, Peru. It is considered to be the city's most important romantic and bohemian district. It used to be a fashionable beach resort for the old Liman aristocracy. Many people used to spend the summer here and in neighbouring Chorrillos. There is a beautiful walkway to the sea that runs through Barranco, called the Bajada de los Baños. Crossing over this walkway is the Puente de los Suspiros, or Bridge of Sighs. The walkway is bordered on both sides by grand houses, and the legend goes that a daughter of one of these grand houses fell in love with a lowly street sweeper. Her father forbade the union, and she lived out her days as a spinster, waiting at her window for glimpse of her beloved. Those who walked across the bridge could hear her plaintive sighs. On the far side of the bridge is a park with a statue of Barranco's famous singer and composer, Chabuca Granda.*

---

**Friendship Ambassadors Foundation, Inc.**

Address: 299 Greenwich Avenue Greenwich, CT 06830 - USA  
Phone: +1 (203) 542-0652 \* Fax: +1 (203) 542-0661  
Email: friendlyam@faf.org \* Web Site: www.faf.org



## A SAMPLE ITINERARY

Page 3

Created By  
Friendship Ambassadors Foundation, Inc.

### Day 4: Tuesday, April 7, 2009 – Day trip to Pachacamac and Concert in Lima (B, L)

Have breakfast at your hotel. Board your private motor coaches for your day trip to Pachacamac.



*Pachacamac is located 31 km south of Lima in the valley of Lurín. Constructed during pre-Inca times and used as a ceremonial center by the Incas, the ruins are believed to have been inhabited between 200 AC until 1533. Pachacamac was the main pre-Inca adoration and ceremonial center of the inhabitants' of the valley of Rímac in which the God Pachacámac was venerated. Pachacámac was the God creator of life and of the universe and it was not personified. The state of conservation of this location and its restoration offer a great show of cultural historical interest.*

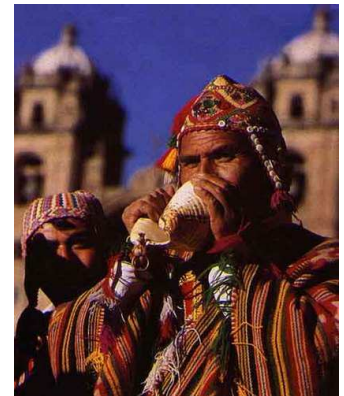
Enjoy a guided tour of the Inca village of Pachacamac. From the pre-Inca constructions stand out the "Templo Pintado" (colored temple) and the "Templo Viejo" (old temple), built with small adobes and pyramids with ramps. After the Inca conquest they built next to them the "Templo del Inti" (Temple of sun) and an "acllahuasi" (house prepared for the chosen girls). The Temple of Inti has a flight of stairs made of stones and passages that go along the edge of the main structure, built with adobes. On him a great terrace exists with view to the sea, and is related with the islands in front of this group with an old legend.

Lunch will be arranged at a restaurant near the Inca city. Transfer by private motor coaches back to Lima for your late afternoon **concert** at the concert hall of a 400-year old university in Lima (University of Lima or Catholic University of Lima, pending confirmation).

After another successful concert, enjoy dinner that will be arranged at a local restaurant. Transfer back to your hotel for your overnight stay.

### Day 5: Wednesday, April 8, 2009 – Depart for Cusco (B, L, D)

After breakfast, gather your belongings and check out of your hotel. Board your private motor coaches for the Lima airport to catch your flight to Cusco. Your flight will be approximately 1 hour 45 minutes. Arrive at the Cusco airport. Transfer to your hotel located at the historic old city of Cusco. Light lunch will be arranged for you.



*Cusco – The "Home of Gods," as the Incas referred to it, became the capital of one of the largest pre-Colombian empires: Tiwantinsuyo. Its name in Quechua, Qosqo, means "navel of the world" because Cuzco served as a hub for a vast network of roads interconnecting virtually the whole of South America. Inca society was a surprising example of social and political organization for*

*Friendship Ambassadors Foundation, Inc.*

Address: 299 Greenwich Avenue Greenwich, CT 06830 - USA  
Phone: +1 (203) 542-0652 \* Fax: +1 (203) 542-0661  
Email: friendlyam@faf.org \* Web Site: www.faf.org



## A SAMPLE ITINERARY

Created By  
Friendship Ambassadors Foundation, Inc.

*its vast knowledge of architectural engineering, medicine and agriculture. On March 23rd, 1534, Francisco Pizarro founded a Spanish city on top of what was already an established Inca metropolis.*



Enjoy the afternoon free on your own to acclimate to the altitude of Cusco. Enjoy an early evening guided walk through the city colonial quarter. Visit the *Plaza de Armas*, the *Cusco Cathedral*, Inca monuments including the *Qorikancha* (Temple of the Sun). Time permitting, we will also visit the fine *Inca walls of Inti Q'ijllo*, *Ajlla Wasi* (House of the Virgins of the Sun), the *Stone of Twelve Angles* and *Huacaypata* (Leisure Square), now dominated by the Spanish colonial Cathedral.

A welcome dinner at a local restaurant in Cusco will be arranged for you. Return to your hotel for your overnight stay.

### **Day 7: Thursday, April 9, 2009 – Cusco: Sightseeing and Concert (B, D)**

Enjoy breakfast at your hotel. Begin your guided morning tour through the Inca sites in and around the city of Cusco. There are four Inca sites outside Cusco and if time permitting, we will visit all of them: the *Tambomachay*, known for its ceremonial stone baths of the Inca; the *Puca Pucara*, a small fortress; the *Qenko* that is covered with symbolic carvings, a number of tunnels and an unusual cave that has been carved out of the rock; and *Sacsayhuaman*, the falcon that guarded the capital of the empire, since it was possible to overlook Cusco from the hill in where it was erected. Lunch will be on your own today.

Prepare for an afternoon **concert** at a historic church in the old city of Cusco, possibly the Cusco Cathedral (to be confirmed). Dinner will be arranged at a local restaurant. Return to your hotel for your overnight stay.

### **Day 8: Friday, April 10, 2009 – Machu Picchu and Aguas Calientes (B, D)**

Have breakfast at your hotel. Depart early for your train ride to Matchu Picchu (approx. 4 hours). Arrive in Aguas Calientes (colloquial name for Machupicchu Pueblo), a town in Peru on the Urubamba (Vilcanota) River. *It is best known as the closest access point to the tourist attraction Machu Picchu, which is 6 kilometres (3.7 mi) away, about 1.5 hours walk. It has many hotels and restaurants for tourists, as well as natural hot baths, which give the town its name ("hot waters" in Spanish). The baths were destroyed by floods several years ago, but have been rebuilt.*



*Friendship Ambassadors Foundation, Inc.*

Address: 299 Greenwich Avenue Greenwich, CT 06830 - USA  
Phone: +1 (203) 542-0652 \* Fax: +1 (203) 542-0661  
Email: friendlyam@faf.org \* Web Site: www.faf.org



## A SAMPLE ITINERARY

Page 5

Created By  
Friendship Ambassadors Foundation, Inc.

---

Board your private coaches for your bus ride to the Machu Picchu site.

***Machu Picchu** is a pre-Columbian Inca site located 2,400 meters (7,875 ft) above sea level. It is situated on a mountain ridge above the Urubamba Valley in Peru, which is 80 km (50 mi) northwest of Cusco and through which the Urubamba River flows. The river is a partially navigable headwater of the Amazon River. Often referred to as "The Lost City of the Incas", Machu Picchu probably is the most familiar symbol of the Inca Empire. It is also one of the New Seven Wonders of the World. It was built around the year 1460, but abandoned as an official site for the Inca rulers a hundred years later, at the time of the Spanish conquest of the Inca Empire. Although known locally, it was said to have been forgotten for centuries when the site was brought to worldwide attention in 1911 by Hiram Bingham, an American historian. Machu Picchu was declared a Peruvian Historical Sanctuary in 1981 and a UNESCO World Heritage Site in 1983. Since it was not plundered by the Spanish when they conquered the Incas, it is especially important as a cultural site and it is considered a sacred place. Machu Picchu was built in the classical Inca style, with polished dry-stone walls.*



Enjoy a guided tour through the Machu Picchu, the Sanctuary. Its primary buildings are the *Intihuatana*, the *Temple of the Sun*, and the *Room of the Three Windows*. These are located in what is known by archaeologists as the *Sacred District of Machu Picchu*.

Return to Aguas Calientes for your dinner, which will be arranged at a local restaurant. Check-in your hotel for your overnight stay.

### **Day 9: Saturday, April 11, 2009 – Cusco (B, L, D)**

Enjoy breakfast at your hotel. Board the early morning train for your return to Cusco. Lunch will be arranged at your hotel.

We may even arrange a guided tour of the neighbourhood of Miraflores, the beautiful seaside suburb of Lima, known for its beautiful gardens and parks, and everything you expect from a modern city. In fact, Miraflores is the tourism hub of Lima. No trip to Lima can be considered complete without a visit to Miraflores. Major attractions include *Huaca Pucllana*, one of the pre-Inca mud-brick temples; *Casa de Ricardo Palma*, a beautiful mansion in Miraflores; *Parque Kennedy*, central plaza of Miraflores; *Calle de las Pizzas*, Pizza Street in downtown Miraflores; and the *Enrico Poli Museum* with some of the finest pre-Inca archeological treasures in Lima. Have lunch on your own.

Enjoy an early evening talk about Peruvian and Inca music, dance and indigenous instruments. A farewell dinner and reception will be arranged for you.

### **Day 10: Sunday, April 12, 2009 – Cusco & Departure (B, All meals en route)**

After breakfast, check-out of your hotel. Enjoy some free time this morning for last minute souvenir and gift shopping. Board your private motor coaches, and transfer to Cusco airport for your flight to the US. Have a safe flight, and...

**Welcome Home!**

---

*Friendship Ambassadors Foundation, Inc.*

Address: 299 Greenwich Avenue Greenwich, CT 06830 - USA

Phone: +1 (203) 542-0652 \* Fax: +1 (203) 542-0661

Email: friendlyam@faf.org \* Web Site: www.faf.org