THE YOGA AND WELLNESS EXPERIENCE  
To Machu Picchu

Mountain Lodges of Peru is happy to introduce our new 8-day Yoga and Wellness Experience to Machu Picchu, a combination of exhilarating hikes, wellness workshops, and focused yoga practices for a holistic journey like no other. This trip is especially unique in that guests will also have the opportunity to connect with our Andean neighbors in remote communities along the way, to learn about their culture and participate in the traditional ceremonies that are an intrinsic part of their daily lives.

“Cusco...guardian of the ancient Andean Kingdom and thousand-year-old temples that dot the inspiring landscape and function as stone clocks aligned with the stars–this is the context of a unique journey for you to reconnect you with your inner-self through a trip back in time to lost cities and energetic earth centers. Immerse yourself in this union with Mother Nature.” - Andres Adasme, MLP Head of Adventure and Exploration.

2019 Rate: $3,550

ITINERARY

- **DAY 1**
  
  - Arrival in Cusco. An MLP representative will meet you for the transfer to *El Retablo*. Hotel check-in.
  
  - Lunch and early afternoon at leisure.
  
  - **3:00pm – 4:30pm** Introductory workshop at hotel (breakfast room): ‘*Connecting the Andean Cosmovision to Holistic Wellness*’.
  
  - **5:00pm** Meet in lobby for group walk to *Antigua Casona, Carmen Bajo 243, Cusco*.
  
  - **5:30pm – 6:30pm** Early evening yoga practice (*Antigua Casona - rooftop room*) Focus: Altitude acclimatization, stretching, and opening our consciousness to set intentions for the journey.
  
  - **6:45pm** Depart *Antigua Casona* for a short walk to dinner.
  
  - **7:00pm** Welcome dinner at *Pachapapa, Carmen Bajo 120, San Blas-Cusco*. After dinner, evening at leisure to stroll around Cusco or walk back to the hotel (approximately 10 mins).

- **Meals:** D
- **Overnight:** *El Retablo, Calle Ese 343, Cusco* (elevation: 11,152’ / 3,399m)
DAY 2

- **6:00am** Breakfast room open for early risers.
- **7:00am – 7:30am** Energizing 30-minute movement practice at hotel.
- **7:30am – 8:30am** Breakfast at hotel.
- **8:45am – 1:00pm** Meet in lobby for a hike to the Temple of the Moon. Participate in a K‘intu initiation ceremony, followed by a group leader-guided meditation. **Focus:** Establish a merging of our intentions and personal energy with the sacred lands that surround us.
- **1:00pm** Hike back to Cusco for lunch.
- **1:30pm – 3:00pm** Lunch in Cusco at Green’s Organic, Santa Catalina Angosta, Cusco. Organic fare in a casual setting.
- **3:00pm** Walk to hotel
- **3:30pm – 6:30pm** Superfoods workshop at hotel (breakfast room): ‘Introduction to Andean Superfoods and the Magic of Peruvian Food Culture’, followed by a guided visit to the San Pedro Market to study these local crops first-hand. (10 min. walk from hotel)
- **7:00pm** Daily trip briefing at hotel and walk to dinner.
- **7:30pm** Dinner at Mutu, 84 Santa Catalina Ancha 342, Cusco. Farm-to-table menu and upscale ambiance.

**Meals:** B, L, D  
**Overnight:** El Retablo (elevation: 11,152’ / 3,399m)

DAY 3

- **6:00am – 7:30am** Breakfast at leisure.
- **7:30am** Meet in lobby for departure to the Sacred Valley.
- **8:30am – 10:00am** Visit to the celebrated Pisaq town market and botanical gardens.
- **10:00am – 11:00am** Scenic drive to the remote village of Viacha.
- **11:00am – 11:45pm** Visit to Viacha—participate in Andean farming practices alongside members of the Viacha community.
- **12:00pm – 1:00pm** Traditional Pachamanca lunch in Viacha with the locals.
MLP YOGA AND WELLNESS EXPERIENCE DAY 3 (cont.)

- **1:15pm – 4:00pm** Hike to the Pisaq archaeological site followed by a guided tour.
- **4:00pm – 4:45pm** Scenic drive to Lamay Lodge.
- **4:45pm-6:00pm** Check-in and late afternoon at leisure to relax or spend time in the charming lodge garden.
- **6:00pm – 7:00pm** Evening restorative yoga practice. **Focus:** To integrate the various energies received during our full-day journey.
- **7:30pm** Dinner and daily trip briefing at lodge.

- **Meals:** B, L, D
- **Overnight:** Lamay Lodge (Elevation: 9,721’ / 2,963m)

DAY 4

- **6:30am** Coffee and juice bar available for early risers.
- **7:00am – 8:00am** Morning power flow practice at hotel. **Focus:** Strength building centered around an Inti (sun)-inspired flow.
- **8:00am – 8:30am** Breakfast at lodge.
- **8:45am – 10:00am** Wellness workshop at the lodge: ‘The Five Pillars of a Holistic Lifestyle Transformation—Become Your Own Best Healer’
- **10:15am** Meet in lobby to depart on a scenic drive to the Lares Valley.

- **Choice of afternoon activities:**
  - **Activity A:**
    **12:15pm – 3:30pm** Excursion to meet the expert textile weavers of the Choquecancha community, including an introduction to Andean natural textile dyes and coca leaf reading. Lunch in Choquecancha.
  - **Activity B:**
    **1:00pm – 4:00pm** Hike from Cuncani to Huacahuasi Lodge; lunch en route.
- **4:00pm – 6:00pm** Late afternoon at leisure.
- **6:00pm – 7:00pm** Optional Yin restorative flow practice. **Focus:** Easy flow body, heart, and mind restoration.
- **7:30pm** Dinner at lodge and daily trip briefing.

- **Meals:** B, L, D
- **Overnight:** Huacahuasi Lodge (Elevation: 12,599’ / 3,840m)
DAY 5

- **6:30am** Coffee and juice bar available for early risers.
- **7:00am – 7:45am** Early morning sunrise flow, stretch, and meditation. *Focus: Reconnect with our initial intentions and create even more space for introspective and balanced expansion.*
- **8:00am – 8:30am** Breakfast at lodge.
- **8:45am – 10:00am** Meet in lobby to depart on a scenic drive to the archaeological site of Marcacocha.
- **10:15am – 11:15am** Participate in a traditional Andean ceremony to honor the Apus (Andean gods) at the Marcacocha archaeological site.
- **11:30am** Drive to the Pumamarka.
- **12:15pm – 1:30pm** Guided visit to the Pumamarka archaeological site and picnic lunch.
- **2:00pm – 4:00pm** Hike from Pumamarka to the town of Ollantaytambo—gentle downhill hike along the breathtaking Patacancha Valley.
- **4:00pm – 4:30pm** Drive from Ollantaytambo to Kuychi Rumi Lodge in the town of Urubamba.
- **5:00pm** Late afternoon at leisure or **Optional** Wellness workshop (at lodge): ‘Andean Shamanism and its Modern-day Holistic Integration and Applications’.
- **7:30pm** Dinner at lodge and daily trip briefing.

Meals: B, L, D

Overnight: Kuychi Rumi Lodge, Urubamba (elevation: 9,420’ / 2,871m)

DAY 6

- **6:00am** Breakfast room open for early risers.
- **7:00 am – 7:45am** Outdoor Morning Movement and Energetics practice. *Focus: To expand our mind/body connection in preparation for the abundance of sacred energy that we will receive at Machu Picchu.*
- **8:00 am – 8:30am** Breakfast at lodge.
- **9:00am** Meet in lobby for departure to Ollantaytambo.
- **9:30 am – 10:30 am** Visit to the Ollantaytambo archaeological site.
- **10:30am** Short walk to Ollantaytambo train station.
MLP YOGA AND WELLNESS EXPERIENCE DAY 6 (cont.)

- **11:30am** Scenic Vistadome train ride to Aguas Calientes; box lunch on board (approximately 1.5 hours).

- **1:00 pm – 2:00pm** Arrive in the town of Aguas Calientes on the banks of the Urubamba River below Machu Picchu. Short walk to the bus station for a rollicking ride up to the citadel.

- **2:00 pm – 5:00pm** Guided tour of Machu Picchu, followed by a return bus ride to Aguas Calientes and short walk to the hotel.

- **5:00 pm – 7:30pm** Check-in at *Inkaterra Pueblo Hotel*. Early evening at leisure.

- **7:30pm** Dinner at hotel and daily trip briefing.

  *Weather permitting*

➢ **Meals:** B, L, D

➢ **Overnight:** *Inkaterra Pueblo Hotel, Aguas Calientes*

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➢ **DAY 7**

- **5:30am** Breakfast room open for early risers.

- **6:30am – 7:30am** Optional early morning stroll through the lush orchid gardens and tea plantation at hotel.

- **7:00am – 7:45am** Breakfast at hotel.

➢ **Choice of morning activities:**

  - **Activity A:**
    8:00am – 12:30pm Hike to the Mandor Nature Preserve followed by a gratitude farewell ceremony.

  - **Activity B:**
    8:00am – 12:00pm Guided hike up Machu Picchu Mountain.

- **1:00pm – 2:00pm** Meet for lunch at hotel.

- **2:00pm** Depart for Aguas Calientes train station (5 min. walk).

- **2:55pm** Vistadome train ride from Aguas Calientes to Ollantaytambo (approximately 1.5 hours).

- **5:00pm-7:00pm** Meet MLP transport vehicle for return drive to Cusco (approximately 2 hours).
MLP YOGA AND WELLNESS EXPERIENCE DAY 7 (cont.)

- **7:00pm** Arrive at El Retablo for check-in and brief rest.
- **7:50pm** Meet in lobby for short walk to dinner.
- **8:00pm** Farewell dinner at La Morena, 0800 B Calle Plateros 348, Cusco. Typical Peruvian cuisine with a festive upscale ambiance—folkloric show and dancing.

- **Overnight:** *El Retablo, Cusco*
- **Meals:** B, L, D

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**DAY 8**

- **6:00am** Breakfast at leisure.
- **Time TBD** Transfer to Cusco airport for flight home.

END OF ITINERARY