

WOMENTREK 2010 ITINERARY

For 9 days 8 nights in the Sacred Valley, Machu Picchu and Cusco August 11-19, 2010

Wednesday, August 11, 2010 - Day 1

Pick up from the Cusco airport to Pisac for check in, rest and to acclimate to the altitude. After lunch enjoy the colorful local market. Orientation and women's sharing circle that evening including Despacho with Q'ero shamans to bless our time together at Paz y Luz retreat center in Pisac. Sleep at Paz y Luz in Pisac. (L, D)

Thursday, August 12, 2010 - Day 2

(Yoga before breakfast.) Diane Dunn, creator of the Peace & Light Center (Paz y Luz) is a healer, teacher, and author of "CUSCO: The Gateway to Inner Wisdom." She will lead us in exercises with the four elements: earth, water, air and fire – to release, cleanse, transform and purify our personal energy. We will learn to connect with the forces of nature to awaken our inner wisdom and amplify our consciousness. Sleep at Paz y Luz in Pisac. (B, L, D)

Friday, August 13, 2010 – Day 3

(Yoga before breakfast.) Beautiful drive through the Sacred Valley to the Inka temples at Ollantaytambo. We take an afternoon train to Aguas Calientes and have a late lunch upon arrival. Later we will soak in the healing hot springs of Aguas Calientes. Sleep in Aguas Calientes (based on availability, may be double occupancy for all rooms). (B)

Saturday, August 14, 2010 – Day 4

Your tour guide will accompany you to Machu Picchu site where you will explore this famous lost city of the Inkas. Later you can climb Huayna Picchu (an optional, strenuous climb) and wander freely on your own before returning to Aguas Calientes for an early dinner before catching the train and returning to Pisac. **(Bring your own** snacks up for "lunch" while at Machu Picchu) Sleep at Paz y Luz in Pisac. (B)

Sunday, August 15, 2010 – Day 5

(Yoga before breakfast.) Feminine leadership session in the morning. The remainder of the day is for free time. Sleep at Paz y Luz. (B, L, D)

Monday, August 16, 2010 – Day 6

(Yoga before breakfast.) Explore the ancient temples above Cusco: Q'enko, & Temple of the Moon. Then travel and gather at Sacsaywaman above Cusco for a picnic lunch. In Cusco there will be time on your own to wander around the city, visit churches and museums, shop for crafts, etc. Sleep at Paz y Luz. (B, L, D)

Tuesday, August 17, 2010 – Day 7

Free day on your own to relax, get a massage, have a personal healing session, special healing ceremony, or return on your own to Cusco or Pisac for shopping. Take it all in "your way". . . *Enjoy!* (B, D)

Wednesday, August 18, 2010 – Day 8

Morning set aside for processing or optional shopping in Pisac. Lunch at Paz y Luz. Afternoon hike in the Pisac ruins. Women's closing ceremony that evening. Sleep at Paz y Luz. (B, L, D)

Thursday, August 19, 2010 – Day 9

Free time in morning. Afternoon taxi (on own) to airport to fly to Lima or continue your journey thru Peru! (B)

COST

\$1,900.00 per person - double occupancy/**\$2,300.00** per person-single occupancy

This includes meals (**as noted above**), hotels, local transportation, entry to all sights, train to Machu Picchu and guide services (**except where noted**). It does not include airfare, drinks, or tips.