

## Introduction and overview

Welcome to my Peru travelog! While visiting this website, you will learn about the rich culture of Peru and some fun places to visit. This site showcases the cultural background of Peru and how influences from different cultures around the world have affected Peruvian culture. You will also learn about iconic historical sites in the Lima Province of Peru. And some local businesses to check out while in Lima. And let's remember the beaches; we will explore some fun places to visit while visiting coastal towns in Peru. Peru has a beautiful and captivating capital city, and it awaits exploration!

## Section 1: A short cultural background of Peru

Peru is a beautiful country in South America with a rich and diverse cultural history. Peru is home to famous historical sites such as Machu Picchu and the Nazca Lines. Peruvian culture is heavily influenced by indigenous civilizations such as the Inca Empire and Spanish colonialism. Quechua is one of the many languages that is spoken in Peru today. Quechua was the language spoken during the Incan Empire, and today, Spanish is predominantly spoken due to Spanish colonialism. Other Spanish influences are seen in the architecture and artistic styles of homes and cathedrals in the capital cities of Lima and Cusco. Asian African and other European influences can also be seen in Peru's food and music. Because of this mixture of influences, dishes like ceviche and lomo saltado and music genres such as Huayno and Marinera were created.

## Section 2: Historical Sites in Lima

### The Historic Center of Lima

One of the most famous historical landmarks in Lima is the Historic Center of Lima. It is located in the center of Lima and is also known as the "Ciudad de los Reyes." Founded by Francisco Pizarro in 1535, it was the center of Spanish power during Spanish colonial rule. The Lima Main Square is located within the historic center and remains the heart of the city to this day. The square is surrounded by beautifully constructed buildings like the Government Palace, the Lima Metropolitan Cathedral, the Archbishop's Palace, and the Municipal Palace. While at the Historic Center, visitors can enter the cathedral of Lima and view the intricate and stunning architecture. Visitors can also access the religious art museum within the cathedral, which is filled with paintings, sculptures, furniture, jewelry, sacred vessels, antique religious vestments, and robes of former archbishops. Another thing to do in the main square is view the changing of the guard in front of the Government Palace. This martial ceremony began in the 1940s and occurs daily at noon and 6 pm. After a long day of seeing the sites, visitors can head to Chinatown to enjoy a Chinese Peruvian culinary fusion called 'chifa'.

### Section 3: Local Businesses in Lima

#### Central Market in Lima

The central market in Lima, or the Mercado Central, is a popular market located deep in the heart of Lima. This massive multistory market occupies an entire city block and offers a variety of goods and experiences for locals and tourists visiting the capital. Inside the main building, visitors are met with a vibrant food market offering fresh fruits, vegetables, and a variety of meats, poultry, and seafood. In various food stands, local vendors and cooks will prepare delicious meals. This is a great way to taste authentic Peruvian cuisine. Surrounding the outside of the main building are numerous small stands offering a range of products including clothing, kitchenware, toys, books, and even live animals. The market is open almost all day from 7 am to 9 pm. The central market has a lively atmosphere, and those who love visiting markets and having immersive shopping experiences should visit the Mercado Central.

### Section 4: Visiting Coastal Cities

#### Miraflores

While in Lima, visitors can head to Miraflores, a popular city next to the coast. It is one of Lima's most popular tourist destinations and is known for its breathtaking coast views, high-end shopping, and delicious foods. It is located on a clifftop, which allows visitors to see the beautiful Pacific Ocean. A great place to visit in Miraflores is its famous boardwalk, which stretches nearly 10 kilometers along the coast. The boardwalk is a nice escape from the bustling city and great for leisure. Those who prefer something more exciting can participate in multiple fun activities on the beach, such as paragliding and surfing. Visitors can soar above the coastal cliffs for amazing views of Miraflores, and surfing enthusiasts can surf waves at Makaha and Waikiki Beach. Parque Kennedy is also a great place to visit while in Miraflores. It is a vibrant and lively urban park popular with tourists. There are various street performances to see and many stray cats to pet. There are also multiple food vendors selling snacks to indulge in.

## References

- B., B. (n.d.). *Observe The Changing Of The Guard - Bazar Travels*. BazarTravels.  
Retrieved March 21, 2024, from <https://bazartravels.com/places/observe-the-changing-of-the-guard/>
- Central Market in Lima, Peru*. (n.d.). GPSmyCity. Retrieved March 21, 2024, from <https://www.gpsmycity.com/attractions/central-market-56859.html>
- Colin. (2016, November 3). *Cathedral of Lima*. Lima: City of Kings.  
<http://limacitykings.com/cathedral/>
- Kind, N. (n.d.). *Top 5 Best Markets in Lima to Visit* . PeruHop.  
<https://www.peruhop.com/best-markets-in-lima/>
- Ministry of Foreign Trade and Tourism. (2024). *Historic Center of Lima - A capital with a noble history*. Peru.travel. <https://www.peru.travel/en/attractions/historic-center-of-lima#what-to-do>
- Summer, E. (2021, March 1). *Religious Art Museum in the Cathedral of Lima*. LimaEasy.  
<https://www.limaeasy.com/lima-guide/lima-culture-guide/museums-lima/religious-art-museum-in-the-cathedral-of-lima>
- Waterson, L. (2021, February 18). *Neighborhood Guide to Miraflores: Lima's Stylish Hotspot*. Kimkim. <https://www.kimkim.com/c/neighborhood-guide-to-miraflores>
- What To Do In Miraflores - Peru Hop*. (2017, July 13). Peru Hop.  
<https://www.peruhop.com/what-to-do-in-miraflores/>

Images to be used

For Introduction

- Image of Lima main square: <https://flic.kr/p/bWPsrS>

For section 1

- Image of ceviche: <https://flic.kr/p/8P3yKU>
- Image of lomo saltado: <https://flic.kr/p/8RvBN6>
- Image of the Nazca lines: <https://flic.kr/p/29hZDz6>
- Image of Machu Picchu: <https://flic.kr/p/zSFG4D>
- Image of Cusco Cathedral: <https://flic.kr/p/abkRW7>

For section 2

- Image of Government Palace: <https://flic.kr/p/CTKmfa>
- Image of Lima Metropolitan Cathedral: <https://flic.kr/p/2pmAySD>
- Image of Archbishop's Palace : <https://flic.kr/p/BbSUP1>
- Image of Municipal Palace: <https://flic.kr/p/2iDUrtC>
- Image of Chinatown: <https://flic.kr/p/2bqYTpL>

For section 3

- Image of mercado central: <https://flic.kr/p/pcMZQj>

For section 4

- Image of parasailing in Miraflores: <https://flic.kr/p/4F1f6c>