

# Camino de Pachamama - Andean Wisdom

April 16 - 27 2022



From the **Sacred Valley** via Cusco up to Lake Titicaca (optional), we experience Andean cosmology in all its beauty. One of the many highlights is the hike on the legendary Inca Trail, where we reach the miraculous city of Machu Picchu via the Sun Gate. **Powerful healers** stand by us in these magical places and lead us to convey these breathtaking experiences through ancient rites - against the magnificent backdrop of the snowy high Andean peaks. With their guidance, we open our hearts to meet the shaman in us, to bring the felt power of these places into our homes, into our lives. **The trip is ideal for carriers of shamanic medicine** who find their way directly to the source and benefit from it sustainably. Newcomers have the unique opportunity to plant new seeds of Munay in their essence with a fresh beginner's spirit.

**Register NOW**

### **Day 1: Arrival Retreat Center San Salvador & Blessing Ceremony**

Upon arrival (around 5pm) your spiritual guide Angel will welcome you with open arms. You will head towards the lower altitudes, warmer climate and peaceful environment of the Sacred Valley. The next few days you will stay at a beautiful retreat center in San Salvador, located in the high Andes Mountains. You will participate in an Andean Blessing Ceremony to Pachamama (Mother Earth) performed by an Andean Priest. This ceremony invokes the help and energy of the Apus (Mountains) and Pachamama for the health, wellbeing and happiness of each participant. The rest of the day you have time to relax and get used to the high altitude.

**Included:** *Airporttransfer, Lunch, Dinner, blessing ceremony, Overnight stay at retreat center (shared triple rooms)*



### **Day 2: Healingceremonies Retreat Center / Pisac Ruins**

*Free Day at Retreat Center - there is also the option to go to Pisac and visit the ancient Inca ruins there. As a special T&H treat for you, we have invited the well known Apaza family to provide their powerful and unique healing ceremonies at our center. As descendants of Maestra María Apaza, one of the very last remaining Altomesayoq (alto means 'High' / mesayoq means 'One who has power'), they carry on Marias wisdom and knowledge in their very own way.*

**Included:** *Full board, Transport to Pisac, Accompaniment by English-speaking tour leader (Angel), Overnight stay at retreat center (shared triple rooms)*

### **Day 3: Kinsa Cocha Lake & shamanic healing rituals**

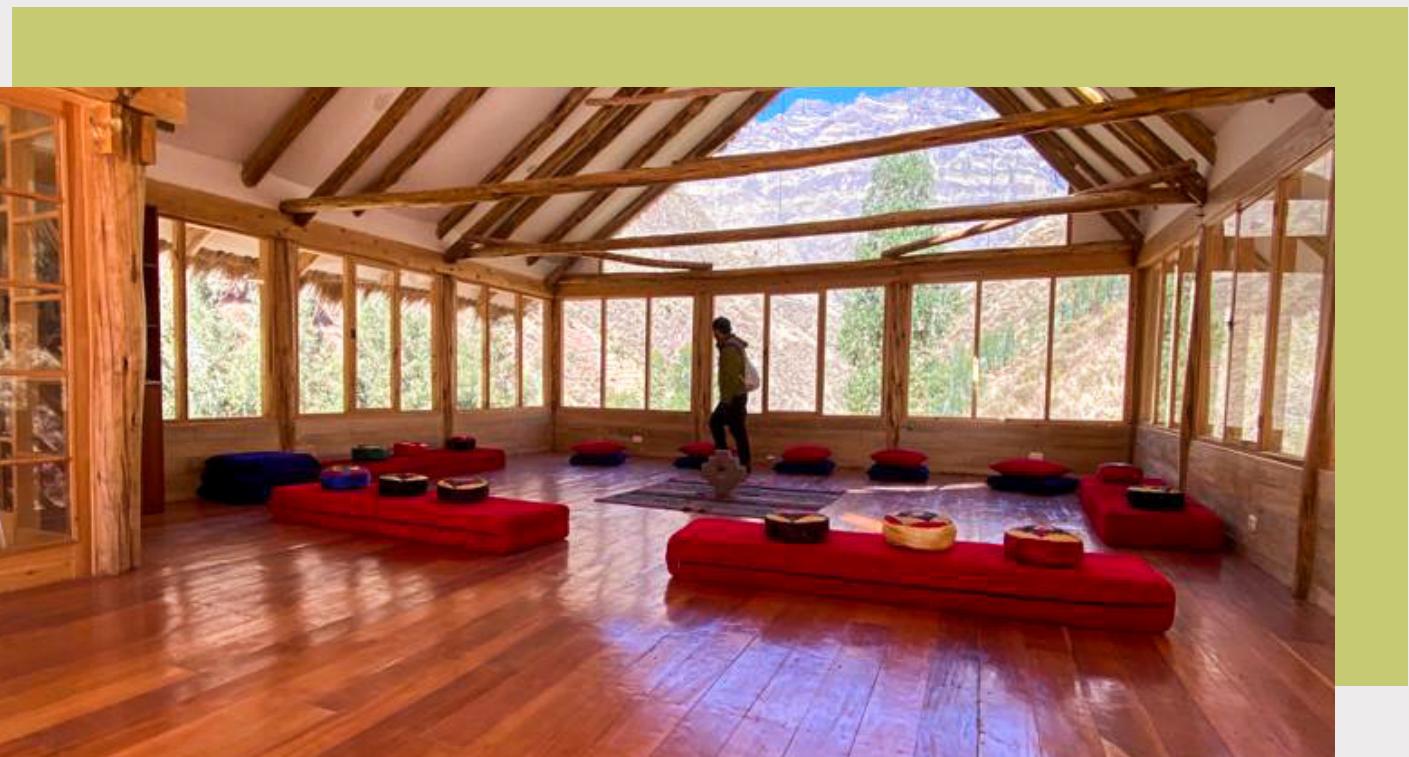
On this day, we explore Lake Kinsa Cocha and perform different healing ceremonies with a shamanic healer from the Qeros Nation. The Apaza healers are with us and will support our ceremonies with their experience and wisdom, guiding you through your personal journey. (option 2: 3 Days Ayahuasca Healing Retreat)

**Included:** *Breakfast, Boxed lunch, Dinner, Transportation, Accompaniment by English-speaking tour leader (Angel), Healing sessions with shaman, Overnight stay at retreat center (shared triple rooms)*

## Day 4: Ancient Inca Wisdom

Today, you will learn more about the ancient Inca principles, such as Munay-Llachay and Yachay. You will participate in a Munay Meditation about the principle of unconditional love and learn, how to integrate it into your daily life. (Option 2: Today is the second Ayahuasca ceremony and for the rest of the group.)

**Included:** Breakfast, Dinner, Accompaniment by English-speaking tour leader (Angel), Meditation & learning session, Overnight stay at retreat center (shared triple rooms)



## Day 5: Pachamama offering & Arrival in Ollantaytambo

On your last day you will start your day with an organic breakfast. Later, our shaman will perform an offering to Mother Earth. It is an important ceremony in the Andes culture to show gratitude to Pachamama (Mother Earth) for everything she has been giving to us. You have the opportunity to buy some local handicrafts from the shamanic healers before we travel to Ollantaytambo.

**Included:** Breakfast, Accompaniment by English-speaking tour leader (Angel), Offering to Mother Earth (ceremony), Transportation back to Ollantaytambo, Overnight stay at 3\* hotel in Ollantaytambo

## Day 6: ÑAUPA IGLESIA & OLLANTAYTAMBO

Early in the morning, you will go to Ñaupa Iglesia, one of the most interesting carved-stone temples. Later, you explore the unique site of Ollantaytambo. The Inca complex there was built to protect the valley from invasions from the rainforest. (with Bryan Forester if available)

**Included:** Breakfast, Accompaniment by English-speaking tour leader (Angel), Visit of Ollantaytambo site with local guide (Bryan Forester if available), Visit of Ñaupa Iglesia, Ticket of Ollantaytambo site, Overnight stay at 3\* hotel in Ollantaytambo

### Day 7: Visit of Cacao Chuncho Farmers in LUCMABAMBA

After a large breakfast, you will be brought to Lucmabamba. There you will visit a beautiful cacao plantation and learn more about the cacao fruits and each step of the artesanal cacao production. In the afternoon, you take the train from Hidroelectrica to Aguas Calientes and to our beautiful hotel at the roots of Machu Picchu.

**Included:** *Breakfast, Accompaniment by English-speaking tour leader (Angel), Transportation to Lucmabamba, Excursion at cacao plantation, Train Hidroelectrica - Aguas Calientes, Overnight stay at 3\* hotel in Aguas Calientes*

### Day 8: On the Inca Trail

Early in the morning, you will catch the train to the trailhead at Km.104. You will visit the nearby ruins of Chachabamba and then begin the four-hour, 8km ascent to join the classic Inca Trail at the impressive Wiñaywayna archaeological complex. This consists of an agricultural sector with numerous terraces, and beautiful religious and urban centers. On the way up, you will take in magnificent views of the Urubamba River Valley, the Choquesuysuy archaeological complex on the opposite side of the river, and a beautiful waterfall minutes away from Wiñaywayna. Leaving Wiñaywayna, an hour's trek along a trail of flat stones on the edges of the highland jungle cliffs brings us to the 'Intipunku' (Sun Gate), the ceremonial gateway into Machu Picchu. You will get our first glimpse of the sacred citadel of Machu Picchu from here. Later, you will descend to Machu Picchu and travel by bus to Aguas Calientes and relax in a hotel.

**Included:** *Breakfast, Accompaniment by English-speaking tour leader (Angel), Train Aguas Calientes - Km.104, 2 Days Inca trail with local English-speaking guide, Inca trail entrance fee, Boxed lunch, Bus down to Aguas Calientes, Overnight stay at 3\* hotel in Aguas Calientes*

### Day 9: Machu Picchu

Early in the morning, you will take the bus up to sacred Machu Picchu, the "Lost City of the Incas". It is a complete town with different quarters, squares, alleys, buildings, astronomical observatories and terraces. After a guided tour, you will have free time to walk around and explore the site. In the afternoon, you will return to Aguas Calientes to take your train back to Ollantaytambo. From there, you will be brought to Cusco.

**Included:** *Breakfast, Accompaniment by English-speaking tour leader (Angel), Machu Picchu ticket, all transportation tickets, Overnight stay at 3\* hotel in Cusco*





### Day 10: Your free day in Cusco/ shamanic healing ceremony in the outskirts

Today you have a free day to enjoy the sounds, scents and unique atmosphere of the city of Cusco. Wander through the small alleys, enjoy the local food and the busy markets in town, visit some artesans and craftsmen, take a gaze over their shoulder while they work on extraordinary pieces. (optional activity: Shamanic Healing Ceremonies - Our Maestros from the Qeros Nation visit with you the sites of Sacsayhuaman, Qenqo, and the Moon Temple, to perform individual healing ceremonies just for you. The three ceremonies are a Flower Cleansing Ceremony, a Coca Leaf Reading Ceremony, and an Offering to Pachamama, the Earth Mother. Traditional shamanic ceremonies such as these have been practiced since before the time of the Inca Empire and their Quechua culture. Participating in these shamanic ceremonies with an authentic Andean shaman will show you a new perspective on life and will allow you to develop physically and spiritually.)

**Included:** Breakfast, Accompaniment by English-speaking tour leader (Angel), optional: individual healing ceremonies with shaman at Moon Temple & visit of Sacsayhuaman & Qenqo, Overnight stay at 3\* hotel in Cusco

### Day 11: Cacao Ceremony, Cusco city tour, Hogar Munay

You will start your Cusco city tour by walking to Plaza de Armas, the center of the capital of the Incas. You will visit the Cathedral of Cusco, also known as the Cathedral Basilica of the Assumption of the Virgin. The Cusco Cathedral is the mother church of the Roman Catholic Archdiocese of Cusco. The building is very impressive and was completed in 1654, almost a hundred years after construction began. Later, you will visit the Temple of the Sun (Qoricancha), the most important temple of the ancient Inca Empire. Afterwards, you will visit the children's home Hogar Munay. In the evening, you will participate in a Cacao Ceremony with Angel, a beautiful ritual that has the purpose of opening your heart and cleansing your emotions.

**Included:** Breakfast, Cusco city walking tour, Entrance of Qoricancha Cathedral, Visit of Hogar Munay, Cacao Ceremony with Angel, Accommodation at 5\* hotel in Cusco



### Day 12: Extension of your trip to Puno or Farewell

Today is the last day of the first stage. You are free to choose whether you want to extend the trip with us and travel to Puno, Lake Titicaca.

**Included:** Breakfast

### **Day 13: Back to the root, back to Puno**

After breakfast we start the journey to Puno. Along the way, we'll stop at Raqchi, a spectacular Inca sanctuary built by the Inca Pachacuteq in honor of the Inca god Wiracocha. In La Raya (4360 m) we reach the Altiplano (plateau). There, at the highest point between Cusco and Puno, we visit the thermal baths. In the evening we finally reach Puno, right on the banks of Lake Titicaca.

**Included:** Full board, Transfer, Thermal Bath ticket, Entry Raqchi, Overnight stay 3\* hotel in Puno



### **Day 14: Sillustani & Amanti Island**

Today, you will explore the Inca and Pre-Inca funerary tombs of Sillustani. It will take approximately 45 minutes to get there. Later, you will be brought to the harbour to take the boat to Amantani island on Lake Titicaca. There, you can take a short walk along the paths and climb up to the archaeological sites Pachatata (Father Earth) and Pachamama (Mother Earth). Reaching the top at 13,550 feet (4,130 meters), you will enjoy a breathtaking panoramic view of the Bolivian Cordillera Real and Lake Titicaca. You will meet a shaman who will share with you more about his ancient wisdom and stay overnight on the island with a local family.

**Included:** Full board, Excursion to Sillustani, Boat excursion to Amantani, Meeting with shaman, Accompaniment by English-speaking tour leader (Angel), Local homestay on Amantani Island



### **Day 15: Spiritual growth: Taquile & Aramu Muru**

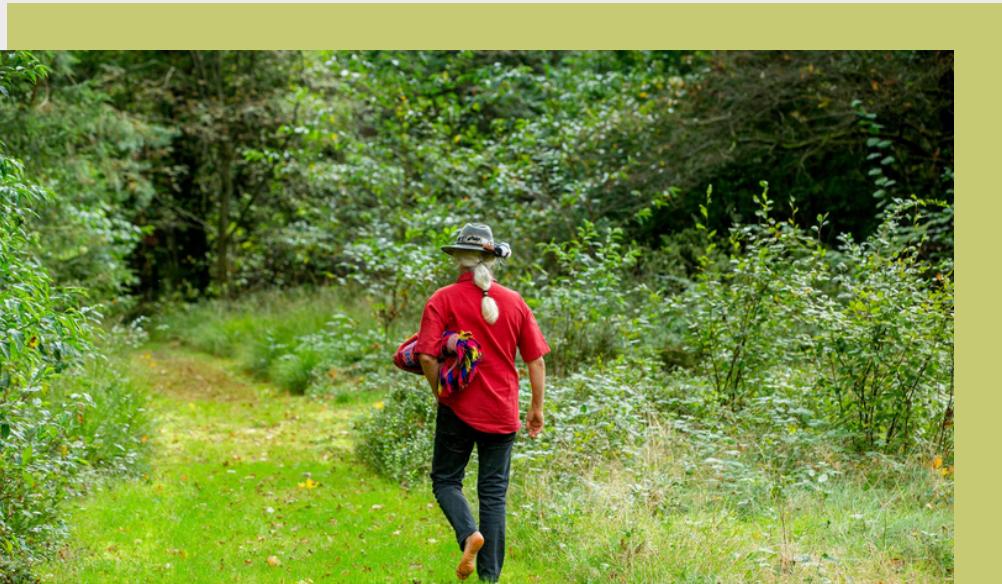
On this day, you will leave Amantani after your breakfast and get to know the island Taquile. The inhabitants there speak Quechua and live in some kind of communism, where property is private, but work is collective. For centuries, people have lived according to principles of the Incas, which is „do not lie, do not steal, do not laze“. After your excursion and a delicious lunch, you will visit the sacred place of Aramu Muru, and then be brought back to the port and take the motorboat to Puno.

**Included:** Breakfast, Lunch, Boat excursion to Taquile, Transport from harbour to hotel in Puno, Accompaniment by English-speaking tour leader (Angel), Overnight stay at 3\* hotel in Puno

### **Day 16: Shared Breakfast & Farewell**

On your last day, you can choose to either take a national flight from the airport in Juliaca, or take a bus back to Cusco. This transfer is not included to offer you the chance to proceed your journey individually and freely. Let us know how you would like to move on and we will naturally assist you with the further planning of your trip.

**Included:** Breakfast, further planning of the trip



*"It is your **path**,  
we can guide you,  
but you have to walk it"*  
- KW

## ADDITIONAL INFORMATION

### INCLUDED

- Accommodation as indicated in the description (3-star hotels, one night with a local family)
- Activities, excursions, transportation, entrance tickets and meals as specified in the itinerary
- Professional English and German speaking guides & translators throughout the stay
- 2D/1N Inca Trail with Full Board and Equipment
- Train and bus tickets
- Traditional healing ceremonies with shamanic healers
- personal coaching with Michael Hemme
- 10% off if you want to bring your son/daughter (7-14 years)

### NOT INCLUDED

- Domestic and international flights
- Additional costs like Travel Insurance, private expenses
- Meals and drinks that are not listed in the program (appr. 20€/day)
- Gratuities for guides, drivers & rest of staff
- Other activities or excursions indicated as optional or not mentioned in the program
- "My own room" + 30%

### PRICE: 2490€ PER PERSON

+ 490 € optional: Extension to Lake Titicaca

**Register NOW for YOUR trip with Angel and Michael at the 16th of April and just write us a Mail, we'll take care for the rest.**

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