

Peruvian Food and Culture: From the Inkas to World Class Haute Cuisine

Arizona State University

May – June 2019

ITINERARY HIGHLIGHTS *(subject to change)*

Lima | 9 days, 10 nights

Tour [Huaca Pucllana](#), archaeological center of the Lima (c. AD 100-700) and Ychsma (c. AD 900-1400) cultures

Tour of [Mercado de Surquillo](#), a bustling food market

[SkyKitchen Peruvian Cooking Class](#)

Visit [Museo Larco](#), pre-Columbian Peruvian history museum

Scavenger hunt activity at [Mercado de los Productores](#)

Tour [Pachacamac archaeological complex](#), a key religious and administrative center

Visit [Wong Balta supermarket](#)

Day trip to [Pucusana fishing village](#)

Paracas | 3 days, 2 nights

Visit [Museo de Sitio Julio C. Tello](#), archaeological museum featuring the Paracas culture (c. 900 BC-AD 400)

Meet local restaurant owner and kitchen tour

Day trip to Ica and the [Tacama Vineyard and Pisco Distillery](#), with Marinera and Caballo de Paso show included

Boat tour of [Islas Ballestas National Reserve](#)

Cusco | 5 days, 5 nights

Walking city tour of [Qorikancha](#) and the [Cusco Cathedral](#)

[Choco Museo tour and chocolate making workshop](#)

Day trip to [Lake Piuray](#), includes standup paddle boarding and kayaking and picnic lunch with local agriculturalists

Sacred Valley | 2 days, 2 nights

Visit to [Moray](#), a beautiful Inka archaeological site of circular agricultural terraces thought to have been a botanical laboratory and astronomical observatory

Visit to [Maras](#), a colonial village where one of the world's finest salts is extracted by the local community

Visit to the community of Misminay and participate in daily community activities such as plowing or harvesting crops, spinning, dyeing and weaving locally produced wool, and ceremonies to honor mother earth

Tour of [Ollantaytambo](#) archaeological site

Tour a local farm, including visit to cañazo distillery and coffee roasting facility and participate in the preparation of a traditional [Pachamanca](#) for lunch

Machu Picchu | 1 day, 2 nights

Travel via [Vista Dome train](#) from Ollantaytambo to Aguas Calientes

Visit [Machu Picchu](#)

Lodging at Aguas Calientes at base of Machu Picchu