

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

Arizona State University

May – June 2019

SAMPLE ITINERARY OUTLINE *(subject to change)*

Friday, May 17, 2019 Arrival to Peru

Students arrive to Lima
Check in to hotel
Free afternoon
Program orientation – Part 1 – (1 hour in hotel)
Welcome dinner (included)

Saturday, May 18, 2019 Lima: Acclimation in Miraflores

Breakfast at hotel (included)
Program orientation – Part 2 – (1 hour in hotel)
Grocery store scavenger hunt – Group activity
Lunch on your own in small groups (included)
Group discussion of lunch experiences
Free evening – Individual check-in meetings with Dr. Marsteller

Sunday, May 19, 2019 Pachacamac Day Trip

Breakfast at hotel (included)
Coach transfer to Pachacamac (approximately 1 hour)
Visit [Pachacamac archaeological complex](#)
Lunch at [La Familia](#) (included)
Walk to the town plaza for dessert (included)
Return to hotel

Monday, May 20, 2019 Lima: Huaca Pucllana and Museo Larco

Tour [Huaca Pucllana](#), archaeological center of the Lima (c. AD 100-700) and Ychsma (c. AD 900-1400) cultures
Stop for lunch (included)
Visit [Museo Larco](#), pre-Columbian Peruvian history museum
Free evening

Tuesday, May 21, 2019 Lima: SkyKitchen Market Tour and Cooking Class

Breakfast at hotel (included)
Tour of [Mercado de Surquillo](#)
[SkyKitchen Peruvian Cooking Class](#)
Lunch during cooking class (included)
Free afternoon to work on homework – Individual check-in meetings with Dr. Marsteller

Wednesday, May 22, 2019 Pucusana Day Trip

Breakfast at hotel (included)
Travel by coach to [Pucusana fishing village](#)

Boat tour and fishing demonstrations with local fisherman to Pucusana Island and Naplo
Lunch on own in Pucusana village
Return to hotel in Lima

Thursday, May 23, 2019 **Lima: Work on group projects**

Breakfast at hotel (included)
Free morning and afternoon to rest and work on homework
Group activities at hotel in evening

Friday, May 24, 2019 **Paracas: Museo de Sitio Julio C. Tello**

Breakfast at hotel (included)
Coach transfer to Paracas (approximately 3.5 hours)
Check in to hotel in Paracas
Paracas orientation
Group lunch and discussion with restaurant owner, kitchen tour (included)
Visit [Museo de Sitio Julio C. Tello](#), archaeological museum featuring the Paracas culture (c. 900 BC-AD 400)
Return to hotel

Saturday, May 25, 2019 **Ica Day Trip**

Breakfast at hotel (included)
Coach transfer to Ica (approximately 1 hour)
[Tacama Vineyard Tour and Pisco Tasting](#) (one pisco tasting per person allowed, included)
Group lunch at Tacama with Marinera and Caballo de Paso show (included)
Return transfer to hotel in Paracas

Sunday, May 26, 2019 **Paracas: Islas Ballestas Boat Tour | Travel to Lima**

Breakfast at hotel (included)
Boat tour of [Islas Ballestas National Reserve](#)
Coach transfer to Lima
Lunch on own – stop provided
Check into hotel in Lima

Monday, May 27, 2019 **Lima: Mercado de los Productores**

Breakfast at hotel (included)
Scavenger hunt activity at [Mercado de los Productores](#)
Small group lunch activity in market (included)
Return to hotel

Tuesday, May 28, 2019 **Travel to Cusco**

Breakfast at hotel (included)
Domestic flight to Cusco (approximately 1 hour, 20 min)
Transfer and check in to hotel
Cusco orientation
Free afternoon and evening to rest and adjust to altitude

Wednesday, May 29, 2019 **Cusco: Choco Museo**

Breakfast at hotel (included)
Free morning and lunch on own
[Choco Museo tour and chocolate making workshop](#)

Thursday, May 30, 2019 **Cusco: City Tour**

Breakfast at hotel (included)
Walking city tour
Group lunch during tour (included)

Friday, May 31, 2019 **Cusco: Lake Piuray**

Breakfast at hotel (included)
Tour of [Lake Piuray](#), includes stand up paddle boarding and kayaking and visits to local agricultural fields
Picnic lunch with local residents during tour (included)
Return to hotel in Cusco

Saturday, June 1, 2019 **Misminay Community Stay**

Breakfast at hotel (included)
Coach transfer to Misminay village
Spend the day with the Misminay community 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
Lunch and dinner with Misminay residents (included)
Overnight in Misminay lodging accommodations

Sunday, June 2, 2019 **Moray, Maras Salt Mine | Travel to Ollantaytambo**

Breakfast at Misminay
Farewell to Misminay residents
Visit [Moray](#), a beautiful Inka archaeological site of circular agricultural terraces thought to have been a botanical laboratory and astronomical observatory
Visit [Maras](#), a colonial village where one of the world's finest salts is extracted by the local community
Lunch on your own en-route to hotel
Transfer to Ollantaytambo
Check in to hotel in Ollantaytambo

Monday, June 3 **Ollantaytambo | Travel to Aguas Calientes**

Breakfast at hotel (included)
Tour of [Ollantaytambo](#) archaeological site
Tour of a local farm, including visit to cañazo distillery and coffee roasting facility (one tasting included)
Participate in the preparation of a traditional [Pachamanca](#) for lunch (included)
Meet the farm manager and learn about traditional and contemporary organic farming practices
Travel via [Vista Dome train](#) from Ollantaytambo to Aguas Calientes
Check into hotel in Aguas Calientes

Tuesday, June 4, 2019 **Machu Picchu**

Free morning to rest and work on homework
Lunch on own
Short bus transfer to Machu Picchu

Afternoon visit to [Machu Picchu](#)
Bus from Machu Picchu to Aguas Calientes
Free evening

Wednesday, June 5, 2019 Travel to Cusco

Breakfast at hotel (included)
Free morning to let Machu Picchu experience soak in
Lunch at hotel (included)
Return to Cusco via train to Ollantaytambo and coach (approximately 3 hours, 45 min)
Check into hotel
Free evening to relax, let your program experience soak in, and work on coursework

Thursday, June 6, 2019 Return to Lima

Breakfast at hotel (included)
Check out of hotel
Return flight to Lima (approximately 1 hour, 20 min)
Transfer to hotel
Farewell dinner featuring traditional Peruvian specialties (included)

Friday, June 7, 2019 Farewell

Breakfast at hotel (included)
Check out of hotel
Transportation to airport
Students depart on individually booked flights