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

Arizona State University

May – June 2018

ITINERARY HIGHLIGHTS (subject to change)

Lima  |  10 days, 9 nights
Tour Huaca Pucllana, archaeological center of the Lima (c. AD 100-700) and Ychsma (c. AD 900-1400) cultures
View San Isidro and Miraflores districts with dramatic views of Pacific Ocean
Visit Larcomar Shopping Center
Scavenger hunt at Mercado de Surquillo, a bustling food market
SkyKitchen Peruvian Cooking Class
Visit Museo Larco, pre-Columbian Peruvian history museum
Shopping at Mercado Incas and Petit Thouars, expansive artisan market
Visit National Museum of Archaeology, Anthropology and History of Peru Colors and Flavors Tour of Chorrillos fishing district and historic artistic Barranco neighborhood
Tour Pachacamac archaeological complex, a key religious and administrative center
Visit Wong Balta supermarket
Day tour of upper Lurín Valley and village of Antioquía

Cusco  |  5 days, 5 nights
Choco Museo tour and chocolate making workshop
Visit to Sacsayhuaman, a colossal Inka military fortress
Tour and picnic lunch at Lake Piuray, home to a variety of Andean flora and fauna and the village of Chinchero
Folklore dinner show

Sacred Valley  |  1 day, 1 night
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 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

Machu Picchu  |  1 day, 1 night
Travel via Vista Dome train from Ollantaytambo to Aguas Calientes
Visit Machu Picchu
Lunch at Tinkuy buffet restaurant on site
Lodging at Aguas Calientes at base of Machu Picchu