



MACHU PICCHU BY ERIC LINDBERG

PERU

Rainforest Ecology & the Inca Empire

11 DAYS | Choose your dates

About this trip

From the lush rainforest of the Amazon to the mysterious ruins of Machu Picchu, Peru's natural and cultural wonders will captivate young explorers during this enriching educational adventure. Trace the history of the Inca Empire and discover its influence on modern-day Peruvian culture while visiting archaeological ruins, Inca temples, local markets, and modern cities. In the Amazon, build scientific research skills and learn about the structure and function of a tropical rainforest through interactive biology workshops and investigations. Other highlights include a visit to Sacsayhuaman fortress, a cultural exchange with a Peruvian family, and a lesson on Andean music and Inca instruments.

Your students will...

- Identify a variety of species and examine their unique structures, survival strategies, and roles within the ecosystem.
- Participate in hands-on scientific research activities including population censuses and transect surveys.
- Discover the history of the Inca Empire and its influence on modern Peruvian culture.
- Explore fascinating archaeological sites including Machu Picchu and Sacsayhuaman.
- Interact with local families and witness an ancient ceremony with a shaman.



HOATZIN BY PELIN KARACA

Educational Connections



Biology



Ecology



Hands-on
Research



Cultural
Immersion

What's included?

- Bilingual local guide
- Internal flights
- Driver
- Accommodations
- Activities
- Private transportation
- Meals
- Beverages with meals
- Carbon offsetting

Itinerary

BLD = BREAKFAST, LUNCH, DINNER

DAY 1 - LIMA

Upon arrival at the Lima International Airport, you will be met and taken to your hotel. *Overnight at Wyndham Costa del Sol.*

DAY 2 - AMAZONIA

Transfer to the airport and fly to Puerto Maldonado. Board a boat to Tambopata River Port and begin the 2.5 hour journey to Refugio Amazonas. En route, pass the Infierno community and enjoy a boxed lunch. Upon arrival, receive an orientation to the area. This evening, search the river's edge for caimans with head lamps and flashlights. For workshops and seminars, local guides with a background in biology and/or research experience are selected as instructors, who then conduct the workshops or lectures in the field in which they specialize. *Overnight at Refugio Amazonas. (BLD)*

DAY 3 - AMAZONIA

After breakfast, visit Oxbow Lake by canoe or catamaran. Wildlife here includes caimans, Hoatzins, and Horned Screemers. During the voyage, collect data on macaws, noting the species you see, quantities, and locations. The census is part of an ongoing project to estimate seasonal variations in macaw populations. This afternoon, receive a thorough introduction to tropical ecology and rainforest structure and function. Learn about the forest layers, ecology of gaps, plant adaptations, and the various interrelations between plants and animals. *Overnight at Refugio Amazonas. (BLD)*

DAY 4 - AMAZONIA

Early this morning, continue macaw research at the clay lick observation site. Monitor environmental conditions and record the number, species, and behavior of macaws every 10 minutes. Return for breakfast, followed by a workshop on seed dispersal and predation. Count the seeds surrounding an adult tree and examine the relationships between seed distribution and the likelihood of predation or survival. After lunch, head to the pond to sample fish populations. Learn the essentials of the identification key and the ways different fish have adapted to the extreme conditions and seasonal variations of the water. Have dinner at the lodge, then begin a nocturnal insect workshop. Using head lamps, globes, and magnifying glasses, collect species of grasshoppers, praying mantises, and beetles to examine and identify them. Discuss the unique structures, survival strategies, and roles of each species within the ecosystem. *Overnight at Refugio Amazonas. (BLD)*

DAY 5 - AMAZONIA

After breakfast, learn about the hardest workers in the rainforest—ants and termites! Look for nests, then weigh and measure pieces to determine the rate that termites can degrade wood and build nests. Stop for lunch, then prepare a paste from the fruit of huito and achiote to draw dark blue and red tattoos on your skin. (The tattoos last several days.) After dinner, begin a nocturnal amphibian inventory using a visual survey method. Register the species, time, location, height, substrate, size, weight, and sex of all amphibian occurrences within the transects. *Overnight at Refugio Amazonas. (BLD)*

DAY 6 - URUBAMBA

After breakfast, return to Puerto Maldonado by boat for the flight to Cusco. Upon arrival, transfer to the Sacred Valley, stopping en route at the Awanakancha Center to learn about South American camelids and products made using traditional and modern techniques such as dyeing, spinning, and weaving. Late this afternoon, head to the hotel and have dinner. *Overnight at Amaru Valle Hotel or similar. (BLD)*

DAY 7 - URUBAMBA

This morning, visit a local market in Urubamba. Discuss the importance of the Sacred Valley as a market for the Inca Empire and learn about the fruits and vegetables unique to the region. (If this day is a Sunday, visit the Chinchero market instead.) Continue to Maras, a small town known for its nearby salt evaporation ponds that have been used since Inca times. Visit local houses and farms and meet with local families. Depending on the season and needs of the community, you may help local families with farm work, help create baskets made of corn leaves, and even share a typical lunch. In May and June, you can help in building the Huatias traditional Peruvian earthen oven, which dates back to the days of the Inca Empire. End the day with a Pachamama ceremony, an ancient custom of indigenous Andean cultures. The ceremony, led by a shaman, begins with an offering of small amounts of

Andean cereals, grains, and fruits with coca leaves, and ends with the ritual burning of the offering and burial of its ashes to complete the cycle. *Overnight at Amaru Valle Hotel or similar. (BLD)*

DAY 8 - CUSCO

Early this morning, transfer to Ollantaytambo for a scenic train ride to Aguas Calientes. Take a short bus ride up to the ruins of Machu Picchu, the Lost City of the Incas, arguably the best known and most spectacular archaeological site on the continent. The quality of the stonework and abundance of ornamental sites indicate that Machu Picchu was an important ceremonial center, but archaeologists are still uncovering details. Break for lunch at the famous Sanctuary Lodge, then continue exploring the ruins. Late in the afternoon, take the train back to Ollantaytambo and return to Cusco. *Overnight at Amaru Cusco Hostel I or similar. (BLD)*

DAY 9 - CUSCO

Spend today exploring the areas surrounding Cusco. Begin at Qenko Amphitheatre, and then visit Sacsayhuaman, a former fortress overlooking Cusco that hosted one of the fiercest battles between the Inca and the Spanish conquistadors. Enjoy superb views at Puca Pucara, followed by a stop at Tambomachay, a site for ritual bathing, also known as Baños del Inca. After lunch at a local restaurant, the afternoon is free to explore Cusco. Dinner is at a local restaurant, followed by a music lesson to learn about Andean music and Inca instruments. *Overnight at Amaru Cusco Hostel I or similar. (BLD)*

DAY 10 - LIMA/DEPARTURE

After breakfast, explore Cusco on foot, beginning at the main square to San Pedro Market. Learn about the rows of produce, flowers, and shaman stalls while trying out a few local words. Visit the Temple of the Sun, once one of the most important Inca temples. This golden courtyard was covered with gold and silver sculptures of llamas, corn, babies, and the sun, which were later destroyed by the Spaniards. Have lunch at a local restaurant, then head to the airport for your flight home via Lima. Dinner on own. *(BL)*

DAY 11 - ARRIVE HOME

Program pricing

\$3,855 (21 participants + 3 leaders)

\$3,895 (14 participants + 2 leaders)

\$3,895 (7 participants + 1 leader)

Price includes accommodations, meals, entrance fees, and activities as indicated in the itinerary, flights within Peru, private transportation unless otherwise noted in itinerary, full-time guide for duration of program, and carbon offset.

International airfare, gratuities, and items of a personal nature are not included.

Valid for travel in 2021.

Travel protection

Holbrook Travel purchases Travel Protection on behalf of all participants. These plans help provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more. Refer to the Plan Document for more details.

Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

The fine print

Rates are based on double occupancy for participants; complimentary leader accommodations may be single or double occupancy based on availability. International airfare is included for complimentary leaders. Holiday surcharges may apply. A \$200 per person deposit and enrollment form is due upon booking. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Final payments are due no later than 95 days prior to departure. Cancellations received less than 95 days prior to departure are non-refundable.