

AWAKENING EXPEDITION

Peru

ORIGINAL INCA
PATH &
RESTORING THE
AMAZON



My Way ENCOUNTER

AWAKENING EXPEDITION- PERU



Discover Peru's diverse landscapes and vibrant culture on this unforgettable adventure.

Start exploring the capital and its colorful streets and authentic neighborhoods before heading to the Andes. In Huaraz, follow the original paths through snow-capped peaks, verdant valleys, and ancient ruins, surrounded by breathtaking mountain vistas. Experience high-altitude camping under the stars, with llamas as companions and Inca history beneath your feet.

Get to know the Amazon of Peru. Embark on a motor boat along the Tambopata River to a reforestation center where lush greenery and towering trees envelop you. Dive into workshops on cacao, natural dyes, and essential oils, and plant endangered trees to give back to this vital ecosystem. Explore the forest's nocturnal wildlife and relax by a riverside bonfire.

This expedition offers an extraordinary blend of rugged mountain treks, serene jungle immersion, and cultural connection.



Peru



13 days/
12 nights



No
Spanish Needed



1° Time
Volunteer

18+

minimum 18
years old

THE ITINERARY



DAY 1

ARRIVE IN
LIMA



Today you will arrive in Lima, the capital of Peru. Your tour leader will pick you up from the airport with a private transfer and bring you to your accommodation in the city center. Tonight you will have a welcome dinner where you will put some group and individual intentions for this Awakening Travel program you will experience in Peru.

Included: Welcome dinner, intention ceremony, transportation airport Lima- accommodation Lima, overnight in hostel Selina or similar (dorm rooms), tour leader.



DAY 2

LIMA



After breakfast you will start the day with a cultural landing. Your tour leader will organize a two hours capacitation including the basics of Peru, its culture and its language. Afterwards you will be able to greet in a formal and informal way, to order some of the most delicious (must try!) food of Peru and to ask for directions in the street. Also you will have a bit of understanding of the geography and history of the country in itself, and the itinerary you will undertake.

Then you will zoom in and zoom out, it's impossible to see everything in the country's capital.

However we will provide you with different perspectives. You will go with an English speaking guide on the authentic Lima day tour. It takes you off the beaten path to a different and authentic side of Lima, where locals live and work. A day full of responsible cultural immersion, local culture, social impact and learning. Also we head to Lima's version of the Christ and the Morro Solar with its great views of the city.

Included: Breakfast, cultural landing, city tour Lima, transportation Lima, overnight in hostel Selina or similar (dorm rooms), tour leader.



DAY 3

HUARAZ



This morning you will make your way till Huaraz. The starting point of your multiple day hiking trip. You will take the bus, about 8 hours.

Upon arrival you have time to walk around the mountain city, acclimatize a bit and just prepare for the coming days.

From tomorrow on you will make a unique 5-day trek, you will be able to go back in time and walk a part of the Great Inca Trail in the Ancash region. This region is known for its

impressive mountainous landscapes and white peaks. At the same time, you will get some more cultural insight into the rich country of Peru. In this area's local dialect, the Q'hapaq Ñan is known as "Inka Naani". For five days you'll traverse a remote, rugged and spectacular swath of Peru's Northern Andes that very few tourists have ever visited. Actually, those few explorers that did hike the whole length (over 7.000 km) of the main Qhapaq Ñan, agree that this stretch is one of the most beautiful and best maintained. You will follow in the footsteps of the Incas – treading their great road, camping at ancient refuges and relying on llamas to carry your luggage – under the watchful guidance of an experienced local guide, chef, and porters.

Included: Breakfast, transportation to bus station, bus ticket Lima-Huaraz, overnight in hostel Selina Huaraz (dorm room), tour leader.



DAY 4

HUARAZ



Today, your adventure begins. However, you will hike only a little on your first day. Early in the morning you will be taken to Chavín first. Here you will visit the impressive archaeological site of Chavín de Huántar: a temple complex that materialized the power and prosperity of the Chavín culture. Here, the Chavín also met the mighty Pachamama, representing all its levels:

- the upper world of the sun, wind and other elements;
- the world of the here and now, where humans, animals and plants live;
- the underworld of the dead and diseases;
- and the world of spirits.



Wander through the dark corridor system, make an imaginary sacrifice and learn about Andean cosmology in this nearly three-thousand-year-old complex. A must-see for lovers of archaeology and ancient cultures.

After visiting this highlight, you will continue to the small town of Castillo. Here, you will start to climb for three hours along the Inca Trail (Qhapaq Ñan) towards Soledad de Tambo.

Tambos are constructions situated next to important trails that were used as a shelter by state officials traveling from one point to another. The relics of Soledad de Tambo will be your camp for the evening, allowing you to explore the Inca ruins and speak with the archaeologists on site about their exciting new discoveries.



Camp altitude: 3.560 m (17.000 feet)
Hiking distance: 2.7 km (1.6 miles)

Included: Breakfast, lunch, dinner, snacks and sufficient water, entrance fee ruins, private transportation, local guide, llamas, saddle horses, mules, and porters, all camping gear, overnight in tents, tour leader.

DAY 5

HUARAZ



Today is the first day you will wake up surrounded by the mountains. Breathe in the fresh air in the morning and feel the spirit of the mountains to get motivated for your hike. When ready, you will continue the path of the Qhapaq Ñan.

You will follow a section of the path that reaches fifty feet in width, with amazing views of high Andean peaks. After that, you will climb up to the highest point of this trek; the Wagapunta pass, lying at 4.500 meters (15,000 feet). Having surpassed this pass, you arrive at camp at Quenhuajirca by the afternoon. Here, you get the chance to visit a master weaver, to learn about his work and life on The Great Inca Trail, the home of his ancestors. After this cultural experience in the midst of the Andes, you will most probably be glad to get some rest. Make sure you regain your strength for the next day!



Camp altitude: 4.400 m (14.450 feet)
Hiking distance: 16.9 km (10.5 miles)

Included: Breakfast, lunch, dinner, snacks and sufficient water, visit weaver, local guide, llamas, saddle horses, mules, and porters, all camping gear, overnight in tents, tour leader..

DAY 6

HUARAZ



The third day starts with a descent to the small town of Ayash. After that, you will start your climb to the high Andean puna at Huamanin. ("Puna" refers to those areas lying at more than 3.500 meters of altitude, where vegetation is scarce and the climate rough.)

The Great Inca Trail then goes along the Taparaco river basin until you reach Tambo Grande. Camp underneath the Southern skies illuminated by the Milky Way and surrounding stars. Such an experience allows you to understand how the Incas' Cosmic vision defined their society and religion.

Camp altitude: 4.250 m (13.950 feet)
Hiking distance: 16.9 km (10.5 miles)

Included: Breakfast, lunch, dinner, snacks and sufficient water, local guide, llamas, saddle horses, mules, and porters, all camping gear, overnight in tents, tour leader.

DAY 7

It's an easy day, where nature, Inca engineering and mystical experiences come together. First, you'll pass by the archaeological site of Taparaco; another important Tambo which up to a few decades ago still had running hot and cold water in the Baths of the Inca. This was an important site for the Inca leader to prepare for his arrival to Chinchaysuyo's Capital: Huánuco Pampa.

HUARAZ



Right after Taparaco you'll get to a narrow part of the canyon where on the right, you'll actually see the forms of a (petrified) llama and herder. This is the entrance to a cave system where, according to local legends, the Inca gold still lies under the protection of mystical spells.



You will arrive in San Lorenzo de Isco by early afternoon,

Camp altitude: 3650 m (12.000 feet)
Hiking distance: 20.8 km (13 miles)

Included: Breakfast, lunch, dinner, snacks and sufficient water, entrance fee ruins, local guide, llamas, saddle horses, mules, and porters, all camping gear, overnight in tents, tour leader.

DAY 8

HUARAZ



After arriving at Colpa (passing by one of the very few hairpins of the whole Inca Road network!), you will climb to Huánuco Pampa. This important Inca administrative center boasts thousands of constructions built around an impressive Ushnu and is an excellent example of imperial Inca architecture.

Here, you will also enjoy a cultural event, including the Rukus dance, a "despacho" (a traditional Andean ceremony that takes place at the Ushnu, a sacred stone platform used for rituals and ceremonies. In this ceremony, offerings are made to Pachamama (Mother Earth) and other spiritual entities.) and a

Pachamanca lunch with Ally Puricheg, which is the community tourism project there. A Pachamanca is a traditional dish prepared in a stone oven.

Hiking distance: 10.5 km (6.5 miles)

After a tour on the site you will be brought back to Huaraz for a shower, some rest and getting ready for your night bus to Lima.

Included: Breakfast, lunch, dinner, snacks and sufficient water, ceremony, private transportation, local guide, llamas, saddle horses, mules, and porters, shower at hostel, bus ticket Huaraz- Lima, tour leader.

DAY 9 to DAY 12

PUERTO MALDONADO



This morning you will arrive in Lima with the night bus you took from Huaraz. Then you will fly from Lima to Puerto Maldonado. The crew of Camino Verde will pick you up from the airport and transfer to the Camino Verde Reforestation Center for a 5D/4N program.

We begin a road trip that will take approximately 1 hour, covering 47 km on a paved road, followed by a dirt road until we reach the Filadelfia port, located in the buffer zone of the Tambopata National Reserve. Here, we continue the journey by boat, with an outboard motor, for a 40-minute trip along the Tambopata River until we reach the Reforestation Center.



Upon arrival at the reforestation center, we will head to Casa Fenix, the main building of the center, where the kitchen is located and you will be welcomed with beverages. We will assign rooms, explain how the facilities operate, including the bathrooms, electrical outlets, food provision, and waste segregation.

We will visit our nursery, where we will talk about Camino Verde's work, impact, and activities. We will also visit our distillation center for a brief introduction to the process and tour the vegetable garden to learn about native species used in local cuisine. Afterward, we will head to our animal production area and then to the agroforestry systems, where we will observe the restored areas, their uses, and agroforestry designs, with brief explanations at each stop before returning to the house after this walk.

On the first night will be a presentation addressing crucial topics related to the Amazon and the importance of its conservation. The aim of this event is to raise awareness among participants about the vital role the Amazon plays in the ecological balance of the planet.

DAY 9 to DAY 12

PUERTO
MALDONADO



In the following days you will have a mix of the next activities:

- A distillation workshop, where you will prepare the raw material and witness the entire distillation process, from harvesting the raw material to obtaining essential oil. Essential oil distillation is a significant activity for us, as Camino Verde collaborates with Amazonian farmers and native communities to build regenerative supply chains, producing value-added products from reforested trees of endangered species.
- Bees are crucial for the health of the forest and ecosystem, as they are responsible for the reproduction of many plants we aim to protect. Additionally, honey from stingless bees is highly valued in traditional medicine for its healing and antibiotic properties. In this workshop, we will cover various topics:



- Introduction to stingless bees: ecological, cultural, economic, and social importance
- Agroforestry activities
- The bees' nest
- Raising bees in rational hives

- Wildlife in the Amazon is much more active at night. We will walk through the forest in search of insects, bats, snakes, frogs, and perhaps have occasional encounters with other nocturnal mammals.
- Join our reforestation program in a morning of planting tree species in our agroforestry systems. Learn about various local and endangered species. Work with our agroforestry expert and connect with different plant species.
- An ethnobotanical walk through the trails. We will visit the primary forest conservation area, where we will learn about medicinal trees in the region, while observing the impressive Amazonian ecosystem, including walking palm trees and ancient lupuna trees.
- Learn more about cacao and the origins of chocolate in the Americas, as well as its fascinating history. You will also learn about the chocolate-making process, from the cacao tree in the jungle to its extraction, harvesting, and careful selection. We will explore:

- Cacao plantation management
- Diseases
- Cacao grown under shade
- Working with cacao through pruning or harvesting, depending on the season



- Join us for a magical bonfire night by the riverbank! Enjoy a unique experience under the starry sky. During this evening, you'll have the chance to see shooting stars and constellations that adorn our skies. With the tranquility of the natural surroundings and the gentle sound of the water, the bonfire will become the perfect gathering spot to share stories, laughter, and unforgettable moments.

- A natural dye workshop, where we will explore the rich diversity of plants around us and how they can be used to extract vibrant pigments. This workshop is not only an opportunity to learn about natural coloring but also to connect with the environment and appreciate the beauty of nature. We will cover:

DAY 9 to DAY 12

PUERTO
MALDONADO



- Plant identification and their pigments
 - Dye extraction process using simple techniques like maceration and boiling
 - Creative applications: dyeing fabrics and papers, creating our own artworks using the obtained colors
 - Sustainability reflection: natural dyes as eco-friendly alternatives to synthetic dyes, promoting environmentally friendly practices
- Included:** Breakfast, lunch, dinner, activities in and around camp, transportation, overnight in camp (shared rooms), tour leader.

DAY 13

LIMA

This morning it is time to say goodbye. You will make your way back again to Puerto Maldonado where you will take your flight back to Lima for a connection with your international flight.

Included: Breakfast, transportation to Puerto Maldonado, tour leader.



Awakening travel expeditions are more than just sightseeing, it's an opportunity to connect with the world around us and cultivate a deeper sense of purpose and well-being. We have researched the region, its challenges, and the way in which responsible mindful travel can contribute effectively. All of the activities have been carefully selected and they represent the values we believe in.

The experiences aim to spiritually awaken our participants by cultivating the following core values

- **Meaningful connections.** Allow you to connect with locals on a deeper level, fostering meaningful relationships and gaining a deeper understanding of different cultures.
- **Personal growth.** By stepping out of your comfort zone and immersing yourself in a new environment, you have the opportunity to learn and grow as an individual.
- **Cultural understanding.** Awakening travel expeditions encourages you to respect and appreciate the customs, traditions, and values of the communities you visit, fostering cultural understanding and empathy.
- **Positive impact.** We have lived and breathed Latin America over the past 2 decades and all of our projects have been carefully selected because they carry out what we believe in. We have researched the region, its challenges, and the ways in which volunteers can contribute effectively. With us, you'll volunteer where your help is needed the most whilst living a life-changing experience at the same time.
- **Self- reflection.** Throughout the journey, we incorporate mindfulness sessions during special moments to help participants fully appreciate their unique experience. We encourage them to approach everything with an open mind, free from preconceptions, and to embrace differences with a spirit of acceptance and active engagement





- **Empowering local communities.** One of the most impactful ways to give back it's to support local businesses and social enterprises that empower individuals and create jobs. . We work closely with local people to develop activities that align with their goals and contribute to their ongoing progress
- **Fun.** Of course we included moments that are designed to create enjoyment, excitement, and memorable experiences. Incorporating fun into an itinerary is one of our key values.

All itineraries have fixed elements in the programs which make the Awakening travel expedition transformative journeys that will wake you up from life. Hereby some of the examples:

- Welcome dinner with an **intention ceremony**, both on a group and individual basis to set a goal for your expedition.
- **Cultural landing**, which will prepare you with the basics of the country's history and customs.
- **Experiences with local heroes.** In our destinations you will be in contact with unique persons. **Our local heroes are game changes**, people that are passionate about something and can share their journey and knowledge with our guests through a talk or activity together.
- **Participation in a triple impact local project** , a gathering of people that comes voluntarily together to achieve a shared goal that will benefit the community.
- Time off to process. For everybody there will be **time to reflect** after an activity in their own way.
- Good guidance. We believe that **the role of the guide/ tour leader is crucial** in these types of programs. Our tour leaders are expertly trained to guide you through transformative experiences. With their deep knowledge of the region, they create a supportive atmosphere that fosters personal growth and meaningful connections with the destination
- New destinations, we want to avoid the crowds and **offer a more peaceful and authentic travel experience**

WHAT IS INCLUDED



Original
Inca path
& restoring
the Amazon
in Peru

CONTACT US

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