



College Study Tours

Intercultural Studies in Peru

efcst.com/peua

Day 1: Fly to Peru

Meet your group and board your flight to Lima.

Arrive in Lima: Welcome to Lima, Peru's capital since 1535. Depending on your arrival time, you may have free time to settle in and explore the city on your own before enjoying dinner as a group.

Day 2: Lima

Sightseeing tour of Lima: Behold vestiges of Lima's rich colonial heritage on a guided tour of the city. See the Government Palace, the official residence of Peru's President, before exploring the city's bustling main square. Here you'll see such architectural marvels as the Archbishop's Palace, City Hall, and the Cathedral. Then, explore the famed Monastery of San Francisco, which houses a museum of fine religious art as well as catacombs first dug in the 16th century.

Larco Museum: Visit the Larco Museum to explore the finest gold and silver collection from Ancient Peru, along with other outstanding examples of art and archaeological artifacts. Located in an 18th century mansion built over a 7th century pre-Columbian pyramid, the museum also houses one of the most impressive displays of traditional Peruvian ceramics in Lima.

☞ **Ceviche cooking class:** Enter the kitchen and learn what goes into making your own ceviche—a dish that's been declared part of Peru's national heritage and even has its own holiday.

Miraflores: Later, explore the "Heroic City" and its popular shopping areas, lavish gardens, and breathtaking views of the Pacific.

Dinner: From here, join your group for dinner.

Day 3: Lima | Cuzco | Sacred Valley

Flight to Cuzco: Depart for Cuzco, a UNESCO World Heritage Site and the former seat of the Incan Empire.

Sightseeing tour of Korikancha Temple: After adjusting to the altitude, take a guided tour of the remains of the Korikancha Temple, once the most important temple in the Incan Empire.

Dinner: After dinner with your group, transfer via Chinchero road to Sacred Valley, where you'll spend the night.

Day 4: Sacred Valley

Weaving demonstration in Umasbamba: See how traditional weaving is done in this region during an authentic demonstration.

Maras: Take in the sloping salt ponds of Maras, in use since the Incan times.

Guided tour of Ollantaytambo site: Learn more about this historic archaeological site, which was once the estate of Incan Emperor Pachacuti.

Dinner: Afterwards, enjoy a hearty dinner with your group.

Day 5: Sacred Valley | Machu Picchu

Machu Picchu: Take the morning train from Ollantaytambo to Machu Picchu, the fabled "Lost City of the Inca," which was brought into the international spotlight in 1911 by Yale lecturer Hiram Bingham. A century later, this UNESCO World Heritage Site and one of the New Seven Wonders of the World continues to take the breath away from all who visit it. You'll head out on a morning train from Aguas Calientes to Machu Picchu, and ascend its mountainous pedestal for a guided tour. Archaeologists have yet to determine why the city was abandoned so many years ago. You'll see remnants of temples and terraces that have yet to reveal the true purpose of Machu Picchu.

Dinner: Later, join your group for dinner.

Day 6: Sacred Valley | Ollantaytambo | Pisac | Cuzco

Travel to Ollantaytambo: This morning, return by train to this former Incan stronghold.

Pablo Seminario: Watch sculptors create beautiful ceramics at this authentic artisan workshop.

Pisac: Browse local goods among Incan ruins at nearby Pisac's famous market.

Sacsayhuaman site: Explore the expansive, zigzagged walls of these unique Inca ruins.

Dinner: Later, join with your group for dinner.

Day 7: Cuzco

Free day in Cuzco: Enjoy free time to catch up on coursework, explore on your own, or simply relax.

Community visit: Spend your afternoon visiting a local community program.

Dinner: From here, meet with your group for a delicious meal.

Day 8: Cuzco | Lima

Fly to Lima: Your Tour Director assists with the ride to the airport, where you'll have dinner before boarding your flight to Lima.

Depart for home: Arrive in Lima, where you'll check in for your overnight return flight home.

☞ 2-DAY PROGRAM EXTENSION

Day 8: Cuzco | Puerto Maldonado | Amazon Lodge

Travel to Puerto Maldonado: Board your flight to Puerto Maldonado, the capital of the Madre de Dios region. Located in the Amazon rainforest at the confluence of the Tambopata and Madre de Dios rivers, the small frontier town was founded more than 100 years ago during a latex rubber boom.

Travel to an Amazon lodge: Transfer by boat to an area lodge, a camp-style accommodation that provides unparalleled access to Peru's incredible biodiversity. *(Please note that the lodge does not have electricity.)*

Lunch: Enjoy lunch at the lodge with your group.

Environmental activities: Following a briefing on the lodge, attend ecotourism lectures and explore the biological and geographical diversity of the region. Take in the surrounding natural beauty during a wildlife tour, and spot the toothy grins of caimans and the punk-rock hairdos of the hoatzin birds on a guided walk through the rainforest.

Dinner: Finish off your day as you enjoy dinner with your group.

Day 9: Amazon lodge

Environmental activities: Your morning jungle hike will bring you to the amphibious ecosystems of Caiman's Cave and Lake Apu Victor. Afterwards, you'll ascend high to Canopy Tower for some tropical birdwatching followed by a visit to a lush botanical garden.

Lunch: Afterwards, enjoy lunch.

Day 10: Amazon Lodge

Travel to Puerto Maldonado: Your Tour Director assists with the ride to the airport, where you'll board your flight to Lima.

Depart for home: Connect to your overnight flight home.

For the most recent itinerary and a full list of everything included in your program, visit efcst.com/peua