


Project Inti Trip Itinerary—Peru

Munay Tour: Opening the Heart

September 2—September 10, 2019

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	Day	Date Day	Activity (distances are approximate)	Accommodations, Notes, What's Included
			Travel to Cusco (via Lima)	Please see packing list to help prepare. As we transport from place to place, it will be helpful to limit luggage and weight. Expect cobble stone streets and dirt roads. Roller luggage may not be suitable.
	1	Sept 2, 2019	<p>Arrival in Cusco (11,000-12,000 ft). Cusco airport pick up and transfer to hotel. Hot tea/shower. Afternoon free to walk around the city. Evening dinner with initial orientation. Bed.</p> <p>Drink plenty of water!!</p> <p>We encourage you to get whatever soles you need for the next several days in Cusco. There are plenty of ATMS's in Cusco.</p>	<p>Hotel Cusco. Includes tea upon arrival. Transfer from airport to hotel. Please provide flight details to Angie so we can accommodate hotel transfer. (Plan for your arrival and any snacks or lunch you might need).</p> <p>Group dinner with overview of trip plan. Group dinner is included.</p>
	2	Sept 3, 2019	<p>Breakfast. Morning yoga/meditation (60 minutes). Introduction to Primordial Sound Meditation.</p> <p>Opening ceremony with the Shaman for Inca spirituality lesson and group blessing.</p> <p>Lunch. Casual walking tour of Cusco. Shop at markets for things to give for projects (project costs included). Make sure you have small cash to take with you to buy things along the trek.</p>	<p>Hotel Ollantaytambo. B/L/D. Transportation. Inca ceremony.</p>

			<p>Late afternoon/Evening shuttle to Ollantaytambo (9,000 feet). Dinner.</p> <p>Bed and pre-pack only what you need for Lares Trek. Rest of luggage to remain stored at hotel. Will leave at front desk when we check out next morning. Make sure you have smaller denominations of soles to purchase things along our trek.</p> <p><i>Law of Pure Potentiality</i></p>		
	3	Sept 4, 2019	<p>Breakfast. Morning meditation and receive your Primordial Sound Mantra (PSM). Tour of the Inca site in Ollantaytambo to spend time with your personal PSM.</p> <p>Lunch. Planting trees in the afternoon. Pick up camping bags at hotel and transfer to Lares Hot Springs. Enjoy the hot springs.</p> <p>Dinner. (Possible, if time allows) Ayni activity at the Hot Springs Lodge.</p> <p>Expect to see handcrafted textiles available for sale along our journey. Be prepared to have soles in smaller denominations with you.</p> <p><i>Law of Giving and Receiving</i> <i>Ayni also represents giving and receiving</i></p>	<p>Simple room in Lares. B/L/D. Chefs. Transportation. Tour in English. Hot springs entrance fee.</p> <p>Have overnight camping gear with you, plus sleeping bag and pad.</p> <p>Room with bed will have fresh sheets and warm alpaca blankets.</p> <p>Bring your swimsuit and towel! Flip flops, if desired.</p>	
	4	Sept 5, 2019	<p>Lares Trek. Early wake up call. Breakfast and begin the Lares Trek. We will have horses to carry our overnight camping bags, plus camping gear. Pack up your sleeping pad/bag/extra overnight clothes for horses. Have your day pack with essentials with you.</p> <p>We will see beautiful landscape with many farmers and villagers along the way and they may be selling textiles and refreshments, so make sure you bring enough soles to make your purchases.</p> <p>We may begin to pass out some of our aid items (from our backpacks) along the way.</p>	<p>Private 2-person tents. B/L/D. Chefs with meals and meal tent/tables/chairs; Boiled water to fill water bottles; Horses to carry all our luggage, tents, cooking gear. Tour in English.</p>	

			<p>Lunch. Chefs prepare our meals and set up meal camp.</p> <p>Total hiking distance this day will be 8-10 miles. 8-10 hours of hiking. Pace is slow and steady with many breaks along the way.</p> <p>Camp overnight in Waca Wasi (13,000 feet). Tents will be ready for us with a snack while the chefs prepare our dinner.</p> <p><i>Law of Karma (Cause & Effect)</i></p>	
	5	Sept 6, 2019	<p>Waca Wasi Project – Early wake-up call. Breakfast. Pack up your sleeping pad/bag/extra overnight clothes for horses. Have your day pack with essentials with you. Project with the children and teach learning activity.</p> <p>Continue on our trek seeing many more beautiful peaks over 6,000 meters high, glaciers, and lakes along the way. We might even see “chinchillas” (rabbits with long tails) or herds of Andean alpacas and llamas.</p> <p>We’ll continue distributing outreach items along our trek. Arrive our highest point at Ipsaycocha Pass at 4,500 meters high (15,000+ feet). Total distance this day is 8-10 miles, 10 hours. Pace is slow and steady with many breaks along the way.</p> <p>Lunch. Chefs prepare our meals and set up meal camp. Camp overnight in Huilloc (13,000 feet). Tents will be ready for us with a snack while the chefs prepare our dinner.</p> <p>Evening dinner will establish time/plan for Yoga Massages in Ollanta the following day.</p> <p><i>Law of Attraction (Least Effort)</i></p>	<p>Private 2-person tents. B/L/D. Chefs with meals and meal tent/tables/chairs; Boiled water to fill water bottles; Horses to carry all our luggage, tents, cooking gear. Tour in English.</p>

	6	Sept 7, 2019	<p>Wake up call. Breakfast. Then opportunity to shop at the women's co-op textile shop in Huilloc. We say goodbye to our chefs and the horsemen. Special ceremony of thanks.</p> <p>The driver will arrive with mountain bikes and we leisurely ride our bikes to Ollantaytambo. About 8 miles downhill. Non-technical bike ride/dirt road. The driver will take our overnight bags from Huilloc to the hotel in Ollanta.</p> <p>Lunch in Ollanta together as a group. Afternoon free to do laundry and explore Ollanta. Yoga massage class. Continue your PSM meditation and time for Q&A on perfecting the practice.</p> <p>Ziplining is available (admission price not included).</p> <p>Pre-pack for your overnight stay in Aguas Calientes the following day.</p> <p><i>Law of Intention and Desire</i></p>	<p>Hotel Ollanta. B/L. Dinner on own (allowance given). Bike rental and gear. Transportation. Yoga massage class.</p>	
	7	Sept 8, 2019	<p>Breakfast. Yoga/meditation (60 minutes).</p> <p>Late morning/early afternoon. Race Project with Kids. Leave No Trace activity. Awards to Schools.</p> <p>Catch evening train to Aguas Calientes.</p> <p>Take only what you need for overnight stay in Aguas Calientes and Machu Picchu day. Leave the rest at the hotel in Ollanta.</p> <p><i>Law of Detachment</i></p>	<p>Hotel Aguas Calientes. B/L/D. Tour in English. Train to Aguas Calientes.</p>	
	8	Sept 9, 2019	<p>Machu Picchu. Early in the morning, we line up by 4:30 a.m. to take a 6:30 a.m. bus to Machu Picchu. We will have our tour in Machu Picchu. By 9:30 a.m., we line up for the 10:00 a.m. queue to climb Huayna Picchu. About a 2 or 3 hour RT hike.</p>	<p>Hotel Ollantaytambo. B/L/D. Entrance ticket to Machu Picchu and Huayna Picchu. Bus/Train/Driver transportation. Tour in English.</p>	

			<p>Take time to privately do your personal Primordial Sound Meditation and reflect on the 7 Spiritual Laws and Inca Spirituality. Take in the healing energy of this sacred site.</p> <p>We'll plan to return down to Machu Picchu by 1:00-1:30 and take a bus down to Aguas Calientes to have lunch by 2:00.</p> <p>Depending on availability of the train tickets, we'll aim for the 4:20 train to Ollantaytambo. If we get the 6:20 train, we can spend a little more time in Machu Picchu and have lunch up there, taking a later bus down to Aguas Calientes. But we need to plan ahead for the bus and train queues.</p> <p>Arrive Ollantaytambo. Dinner. Dancers in Ollanta</p> <p><i>Law of Dharma (Life Purpose)</i></p>		
	9	Sept 10, 2019	<p>Pack up all your things to take with you to Cusco.</p> <p>Breakfast. Take everything with us for our return.</p> <p>Sacred Valley tour on our way back to Cusco.</p> <p>Closing Ceremony and Dinner as we prepare to say thanks for our time together and take what we experienced home.</p>	Hotel Cusco. B/L/D. English speaking tour. Transportation. Entrance ticket to Inca sites.	
	10	Sept 11, 2019	<p>Breakfast at hotel. Return home.</p> <p>We can arrange transfers with the hotel to the airport.</p>	Breakfast	

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NOTE: Hotel stays are 3 stars. Camping includes tent set-up and includes meals/meal tent. You will need to bring your own sleeping bag and mattress pad. Water is boiled every day/meal. Bring your Nalgene or water bladder. **Meal budget is per the tourist menu at local restaurants.** If you order drinks or other plates outside of that, you are responsible for additional costs.

See Packing List for complete details on how/what to pack. As you can see from the trip plan, we will not stay at any one place for very long so make sure you can adapt your packing.

To learn more about Project Inti, visit www.projectinti.org or contact Angie Parris-Raney at 720-331-6769 or email angie.projectinti@gmail.com.