

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Speech-Language Pathology Journey to Lima, Cusco & the Sacred Valley

Peru

June 24 - July 2, 2023 (8 nights /9 days)

\$5,499 (Based on double occupancy)

\$999 (Single supplement)

Enjoy the unique culture and traditions of Peru while you spend time with the locals. This adventure includes a very special village experience with local families in the Sacred Valley!

BOOK NOW 888.747.7501

Peru Highlights

- ✓ Cross a visit to **Machu Picchu** off your bucket list as you step back in time and visit this iconic site
- ✓ **Accompanying guest program available on this itinerary**
- ✓ An *optional* pre-program extension to the **Amazon Rainforest** will be offered

Community & Cultural Connections

- ✓ Giving back and engaging with the local community is an important part of any journey. Spend time in a **rural village** interacting with the local families.
- ✓ During your visit to the Sacred Valley, visit **Ollantaytambo Medical Center** as well as **Sacred Valley Health** to learn about their programs and outreach they do to the rural community in this region. Discuss the issues the community faces with accessing care in this region and how these organizations help.
- ✓ Gain unique insight into Peru's food and culture using regional products like quinoa, yellow peppers, and trout during a **cooking class**.

Educational Interaction

- ✓ Meaningful **interaction and collaboration** between travelers and healthcare professionals in Peru will focus on the greatest challenges facing Peru today in their speech-pathology and audiology services. Spend time meeting with various caregivers in various settings in **Lima, Cusco and the Ollantaytambo region**.
- ✓ Visit with facilities like the **Ann Sullivan Foundation** that is dedicated to the education and service to people with different abilities (such as autism, Down syndrome, cerebral palsy, or developmental delay), and their families.

What's Included:

- 4* accommodations throughout
- All transportation and activities outlined
- Group transfers to and from the international airport
- International air to and from Lima (gateway city set out of Miami)
- Local English-speaking guide
- Meals as mentioned and most tips

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



Peru | www.nandajourneys.com | 888-747-7501



📍 Miami, Florida

DAY 1, Saturday, June 24, 2023

Fly to Lima

Depart from Miami and arrive in **Lima, Peru** this evening. The stunning beauty and friendly people alone are worth a visit!

Upon arrival, the group will be met and transferred for check-in at your lovely local hotel.

Casa Andina Premium in Miraflores offers all the convenience, amenities, and services of a first-class hotel with a contemporary design and an unmistakable touch of Lima. With onsite restaurant and bar facilities for your convenience, you might also have time to use their gym, sauna, and pool.

Overnight: Casa Andina Premium Miraflores
Included meals: N/A

📍 Lima, Peru

DAY 2, Sunday, June 25

Welcome to Lima

Please Note: Breakfast is included daily at your hotel.

Morning **orientation and welcome**. All travelers will gather this morning with your national guide and receive further information on the program and this week's activities.

Lunch will be provided this afternoon.

Later today, all travelers will take a curator-guided tour of the unique **Larco Museum**. Gain insight into 3,000 years of Peru's cultural history viewing a vast array of artifacts that comprise the largest private collection of pre-Columbian art in the world. Learn more about the lives of the people who created the beautiful archaeological objects displayed. Enjoy a delicious lunch onsite at the elegant Café del Museo.

Your welcome dinner is at Huaca Pucllana Restaurant this evening.

Overnight: Casa Andina Premium Miraflores
Included meals: Breakfast, Lunch & Dinner



📍 Lima, Peru

DAY 3, Monday, June 26

Professional Interaction

Medical members of the program will interact with professional counterparts this morning and afternoon for substantive meetings at a **local hospital, clinic, or university** like the *Ann Sullivan Foundation* that is dedicated to the education and service of the community of people with different abilities, and their families.

Journey Mission: The primary goal is to develop an appreciation of the diversity of Peru, its health care needs in rural vs. urban areas, its developing early intervention programs, its programs of service to persons with disabilities and autism, and its special education and literacy programs.

Lunch will be provided this afternoon.

Guest program

*After the welcome briefing, accompanying guests will explore Peru's capital, a rich kaleidoscope of colonial architecture, revered pre-Columbian sites, charming residential areas, and vibrant shopping districts perched over the blue Pacific. See the 16th century **Plaza Mayor** (main square) still graced by the government palace, city hall and a cathedral. Next you will visit **San Francisco Convent**, built in the 17th century, and its "catacombs" that functioned as an ancient underground cemetery. The tour continues along the city's lovely Pacific coast through the enchanting neighborhoods of **San Isidro, Miraflores** and **Larco Mar**. End your day discovering colonial art in the **Barbosa-Stern Collection**.*

Dinner by individual arrangement (own expense).

Overnight: Casa Andina PC Miraflores
Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 5, Wednesday, June 28

Sacred Valley Health Meeting & Community Visit

After an early breakfast head to the **Sacred Valley Health** offices at Ollantaytambo. Meet with staff and learn more about their missions. Sacred Valley Health was formed in 2012 to improve access to healthcare in remote communities of Peru’s Sacred Valley. With a dedicated staff, we recruit, train, and support *promotoras* (community health workers) who provide fundamental health education in their home communities.

Head out to visit a **rural community** for a tour and further discussions on challenges accessing care. The nearest clinic is hours away from much of our catchment area and the closest hospital is even further. Geographic isolation, poor road conditions, and irregular transportation are all barriers to accessing care. Socioeconomic disparities, limited resources, and inadequate education also contribute to poor health outcomes. Rates of preventable disease – such as malnutrition, respiratory illness, and diarrheal disease – are disproportionately high.

Late this afternoon, take the *Vistadome* train to **Machu Picchu**. During the journey, see the hanging bridge that signals the start of the Inca Trail, following the course of the Urubamba (or Vilcanota) River climbing down a canyon headed to Aguas Calientes.

Dinner will be provided at the hotel this evening.

**Overnight: El Mapi Hotel Machu Picchu
Included meals: Breakfast, Lunch & Dinner**



📍 Cusco, Peru

DAY 4, Tuesday, June 27

Fly to Cusco & Transfer to Sacred Valley

Immediately after breakfast, depart the hotel for your flight to **Cusco**. Elevated approximately 11,100 feet above sea level, Cusco is a World Heritage Site and the former capital of the Inca Empire. **After arrival, head to the Sacred Valley via bus (1.5-hour drive).**

Altitude Sickness - We recommend you check with your personal physician to see if an altitude sickness medication is right for you. *Those who live at sea level, or a lower elevation should pay particular attention.*

Lunch will be provided this afternoon. First stop is the **Pisac Market**, famous for its fine jewelry, ceramic, and textile craftwork. Pisac is a beautiful location where Incan and Colonial influences have reached a perfect balance and created the unique way of life of the local inhabitants.

Immediately following, stop for a visit at the **Ollantaytambo Rural Medical Clinic** or similar. Spend time learning from the staff about access to care issues facing the clinic. Learn how they treat the local patients and current staffing challenges.

Check into your local hotel with dinner on your own arrangement.

**Overnight: Aranwa Sacred Valley Hotel
Included meals: Breakfast & Lunch**



📍 Cusco, Peru

DAY 6, Thursday, June 29

Explore Machu Picchu

Please note: Today's itinerary includes moderate physical activity with some low-difficulty hiking.

Enjoy your privately guided tour of the archaeological ruins of **Machu Picchu** this morning. Known as one of the most beautiful and enigmatic ancient sites in the world, the Andean mountaintop was used by the Inca people as the foundation of hundreds of stone structures, with construction starting in the early 1400s.

Explore the terraces, corridors, temples, the solar clock (*Intihuatana*), and other sacred places within the citadel with your guide.

Lunch will be provided at the Café Inkaterra Restaurant today before you return to Cusco via train and check into the hotel.

Aranwa Cusco Hotel is a 5* boutique hotel property. Guest rooms are equipped with intelligent oxygen system, and spacious spa-inspired bathrooms with electric radiant floor heating system, Scottish showers, and whirlpool tubs.

Dinner is on your own today with some options available on the train.

Overnight: Aranwa Cusco Boutique Hotel
Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 7, Friday, June 30

Professional Program & Cooking Class

This morning, the group will gain a unique insight into Peru's food and culture using regional products like quinoa, yellow peppers, and trout. Your **cooking class** starts with a short tour of a local market to learn about the local ingredients available to the Peruvian chef's and local people before heading to the 11th floor Rooftop Kitchen facility, offering breathtaking views of the city.

The class consists of the preparation of an appetizer and main course which you will get to enjoy afterwards for lunch.

Continue your professional exchange with a visit to a **local hospital or clinic**. Discuss cultural beliefs impacting persons with disabilities in Peru and how children with autism are identified.

Guest program

Today visit the workshop of the famous and award-winning ceramist Julio Antonio Gutierrez, where you will learn about the techniques and designs of the ancient Peruvian culture. Participate in a master's class by the hand of this Amauta of Peruvian crafts. You will have a basic turning session then continue with the process of slipwaring, enameling and decorating with special pigments, previously burned products, which will be baked, and you can take them home a day later, since the baking and cooling process takes half a day.

Dinner is on your own arrangement tonight.

Overnight: Aranwa Cusco Boutique Hotel
Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 9, Sunday, July 2

Depart

Depart for home early today (via Lima). Arrive back in Miami the same day.

Included meals: Breakfast

📍 Cusco, Peru

DAY 8, Saturday, July 1

History of Cusco Tour

After breakfast, head out for a visit of **Coricancha**, the sun temple and most important in the Incan Empire. Get a glimpse of what the capital of the Incas was once like with a tour of several historic sites in the area as well as a visit to the **San Blas** neighborhood.

Unearth the histories of Inca and Spanish colonial Cusco on this excursion. During your tour of Cusco, you will see **Sacsayhuaman**, a citadel north of the city and the former historic capital of the Inca Empire. Also visit **Tambomachay**, the bath of the Inca; **Qenco** (Kenko) which is one of the largest holy places and believed to be a place where sacrifices and mummification took place; and last stop to see **Puca Pucara**, a site of military ruins.

Also stop to visit the delightful **San Pedro Market** with time for lunch on your own. You will see rows and rows of fruits and vegetables, local handicrafts and much more.

Return to the hotel for some free time late this afternoon to relax and pack for your journey home in the morning.

Say goodbye as you reflect and share memories over a farewell dinner at Map Café this evening.

Overnight: Aranwa Cusco Boutique Hotel

Included meals: Breakfast & Dinner



📍 Lima, Peru

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<https://www.casa-andina.com/en/destinations/miraflores/hotels/casa-andina-premium-miraflores>



📍 Sacred Valley, Peru

Aranwa Sacred Valley Hotel & Wellness

Antigua Hacienda Yaravilca, Huayllabamba

Urubamba, Peru

Telephone: +51-84-581-900

<https://aranwahotels.com/hoteles/aranwa-sacred-valley-hotel-wellness/>



📍 Machu Picchu, Peru

El Mapi Hotel Machu Picchu by Inkaterra

Avenida Pachacutec 109

Machu Picchu, Peru 084

Telephone: +51-1-610-0400

<https://www.inkaterra.com/es/byinkaterra/el-mapi-hotel/la-experiencia/>





📍 Cusco, Peru

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