



Mystical mountains and lush rainforests

PERU

29 September – 17 October 2011

DAY ONE: Thursday 29 September

Arrival in Lima

Transfer provided from the airport to your hotel.

Overnight: Lima

DAY TWO: Friday 30 September

Lima to Arequipa

Transfer after breakfast to the airport for the flight from Lima to Arequipa in the south of Peru. We take it easy this afternoon to allow time to adjust to the altitude of approximately 2,300 metres. Time will be allocated for tarot readings and discussion of tour activities with a focus on cultural and spiritual experiences.

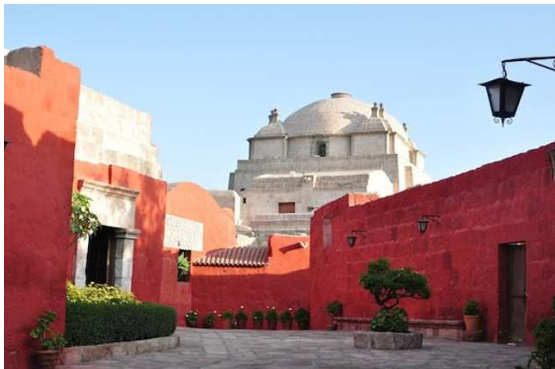
Overnight: Arequipa (B)

DAY THREE: Saturday 1 October

Arequipa

A free day to explore the historic city of Arequipa, which, in colonial days, had the largest Spanish population and the strongest European traditions. Buildings are made from sillar, a white volcanic rock, giving Arequipa its nickname of 'White City'. Places of interest

include, the Plaza de Armas (one of the most beautiful in Peru), the 17th century Jesuit church of La Compana and the cathedral. Well worth a visit is the 16th century monastery of Santa Catalina, where the first-born daughters of the local elite were cloistered for life



until as late as 1970. Anecdotes and scandals about life in the monastery abound!

Overnight: Arequipa (B)

DAY FOUR: Sunday 2 October

Arequipa to Colca Valley

After breakfast our trip to the Colca Valley and Canyon begins. From Arequipa we take the road near the snow peak Chachani across Pampas Canahuas in the Aguada Blanca National Reserve, the natural habitat of vicunas. We pass pre-Columbian terraces and typical Andean villages. Locals use the wool from llamas, alpacas and vicunas to make textiles and clothing. In the afternoon we visit the Hot Springs near Chivay.

Overnight: Colca - Yanque (B)

A journey of discovery

Join Tarot consultant and writer **Linda Marson** on her third journey with people to places of spiritual and natural beauty in Peru, a country she first visited in 1999.

Linda says:



“Through immersing ourselves in these places of great beauty and coming to know the culture and history of the land, we awaken something deep inside. We see the world and ourselves in ways we have never experienced.

With Tarot, this seeing becomes personal, and ever changing as we use the cards, through daily and impromptu readings, to track our own journey and the journey of the group as a whole.

A powerful catalyst for self-discovery and transformation is created as we combine Tarot with contemporary Peruvian culture, Incan civilization, the magic of the Andes and the lushness of tropical rainforests.

Don't miss this mystical experience!”

Spiritual activities include:

- experiences which reveal connections between the Tarot and what we learn about Peruvian culture and Incan civilization
- Tarot readings with the *Journey Spread* and other layouts
- rituals and meditations.

DAY FIVE: Monday 3 October

After an early breakfast we head to the Colca Canyon lookout point "Cruz del Condor" with its panoramic view of the canyon. Here we're watching for condors to soar above the canyon on early morning thermal air currents. The canyon, at an average of 900 metres deep, is said to be deeper than the Grand Canyon in the USA. On our return to Yanque, we pass through the towns of Achoma, Maca, Pincelo and fields where locals work the land as their ancestors did.

Overnight: Colca - Yanque (B)

DAY SIX: Tuesday 4 October

Colca to Arequipa

After breakfast we return by bus to Arequipa (a 4 - 5 hour trip).

Overnight: Arequipa (B)

DAY SEVEN: Wednesday 5 October

Arequipa to Puno

We're on the road again, this time on a local bus to Puno on the shores of Lake Titicaca. The journey takes about five hours

Overnight: Puno (B)

DAY EIGHT: Thursday 6 October

Puno to Amantani

This morning we travel by local trishaw to the lake, where we board the boat for our two-day trip on the lake. One of our first stops is on the floating reed island of the Uros people, who still live as they have done for centuries. The islanders use totora reeds for many things, from building their homes and boats to producing hand-woven mats. We then continue by boat to the beautiful island of Amantani, where we stay as guests of local families in their basic homes. In the late afternoon we head up the ancient stone stairway to ruins situated on the island's peak, where we enjoy stunning views across the lake and, if the weather is right, a spectacular sunset. Our home for the night is clean, although somewhat basic. We enjoy a traditional home-cooked meal with our host family and there may be an opportunity to partake in some entertainment, including dancing with the local villagers!

Overnight: Amantani (B, D)

DAY NINE: Friday 7 October

Amantani to Puno

After breakfast we cruise back to the mainland, where we have the remainder of the day free to explore Puno. The town lies at an altitude of 3830 metres and the weather can be quite cold, especially at night. Unfortunately, little of Puno's colonial heritage is visible. The most notable structure that remains is the cathedral, which dates back to 1757. The Museo Carlos Dreyer, near the Plaza de Armas, is worth a visit. It has an impressive collection of Nazca, Tiahuanaco, Paracas, Chimu and Inca artifacts, including an Aymara aribalo - a form of pottery which has become a major symbol of Andean culture. For a panoramic view of Puno and the lake, walk uphill to the Parque Huajsapata.

Overnight: Puno (B)

DAY TEN: Saturday 8 October

Puno to Cusco

After breakfast we travel by bus from Puno to Cusco through the dramatic landscape of the highland plateau. We stop at the archaeological site of Pukara (200BC - 300AD), as well as in Raqchi, an Inca temple built to worship Wiracocha, one of the most important Inca gods. The final stop before Cusco is the 17th century baroque church in the village of Andahuaylillas. A buffet lunch is provided en route at a restaurant.

Overnight: Cusco (B, L)



DAY ELEVEN: Sunday 9 October

Cusco

A free day to explore Cusco and the surrounding area. The Inca Empire came into being in the 15th century and Cusco was its capital. The fortress of Sacsayhuaman above Cusco was the scene of the Great Rebellion led by Manco Inca against the Spanish invaders in 1536. The giant outer walls of the fortress remain today and Sacsayhuaman is the site of the Inti Raymi, the Festival of the Sun held on the winter solstice each year. In Cusco itself, you can visit the cathedral, the Temple of the Sun and a number of museums and galleries, including the Museo Inka. Shopping in the old town centred around the Plaza de Armas is a delight and there is no shortage of restaurants, cafes and bars catering to all tastes.

Overnight: Cusco (B)

DAY TWELVE: Monday 10 October

Cusco to Aguas Calientes

After breakfast we embark on the scenic rail trip which takes us through the Sacred Valley along the banks of the Urubamba River to the town of Aguas Calientes below Machu Picchu. We arrive by lunchtime which gives us the afternoon free to explore this market town, walk further along the river towards Machu Picchu or even take the bus up to Machu Picchu where we can get a taste of the Inca Trail by walking up to the Sun Gate. From there you have a stunning view over the magnificent 'Lost City of the Incas'.

Overnight: Aguas Calientes (B)

DAY THIRTEEN: Tuesday 11 October

Machu Picchu to Ollantaytambo

We're up early this morning to catch one of the first buses to Machu Picchu. Here our guide shows us through the citadel explaining the architecture and history of the city. We visit the Main Square, the Royal Tomb, the Temple of the Three Windows, the Circular Towers, the Sacred Sun Dial and the Temple of the Condor. After the tour we have free time for private exploration. Fortunately the site is so large that it's possible to escape the crowds and find a quiet spot for meditation and contemplation.

Back in Aguas Calientes we take the train down the Sacred Valley to Ollantaytambo.

Overnight: Ollantaytambo (B)

DAY FOURTEEN: Wednesday 12 October

Ollantaytambo

After breakfast we visit the fortress of Ollantaytambo, a place of great sacred and military significance to the Incas. A steep stairway takes us up through the walled complex to dramatic constructions such as the unfinished Temple of the Sun. At the base, a stream runs through the complex which serviced ritual shower areas such as the Princess's Bath. The village itself is probably the best preserved of all Inca settlements in Peru. The old walls of houses still stand and water runs through channels in narrow streets that date from the 15th century.

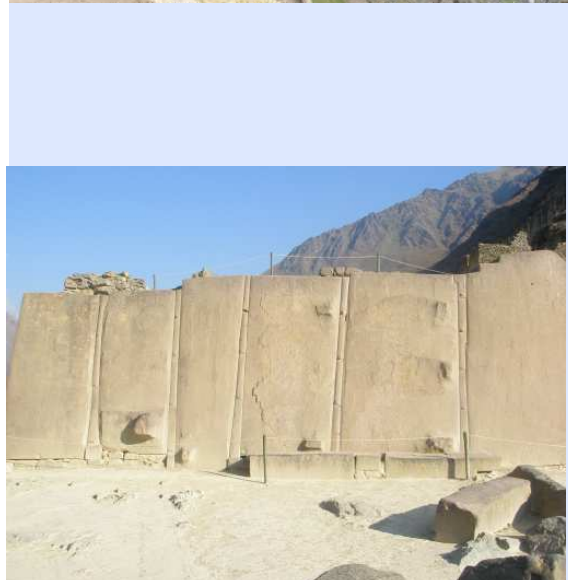
Overnight: Ollantaytambo (B)

DAY FIFTEEN: Thursday 13 October

Ollantaytambo to Cusco

Today is free to explore other places in the Sacred Valley, e.g. Urubamba, a peaceful town of flowering trees with a strong Amerindian flavor. Here there is no evidence of Spanish culture - the town emblem, for example, is decorated with images of pumas, snakes and trees. In the afternoon we return to Cusco.

Overnight: Cusco (B)



DAY SIXTEEN: Friday 14 October

Cusco to the rainforest

Transfer after breakfast to the airport for the flight to Puerto Maldonado. On arrival we are taken to the local Posada Amazonas headquarters where we pack a small bag with clothes and gear for three days in the rainforest lodge. The remainder of our luggage is stored safely. Tip - prepare for this re-packing the night before in Cusco!

We drive 20 kms to the Tambopata River Port, entering the native community of Infierno. From there, the 45 minute boat ride to Posada Amazonas takes us into the community's primary forest private reserve. Lunch is provided on the boat.

In the late afternoon we take a 20 minute walk to the 30 metre scaffolding canopy tower to view the sunset. A bannistered staircase running through the middle provides safe access to the platforms above. From atop we enjoy spectacular views of the forest and Tambopata River. Flocks of birds circle gracefully in the tree-tops around us.

Overnight: Posada Amazonas Rainforest Lodge (B, L, D)

DAY SEVENTEEN: Saturday 15 October

Rainforest

After an early breakfast we take a 15 minute boat ride followed by a half hour walk to the Tres Chimbadas lake. There we glide gently around the lake for a couple of hours watching for native fauna such as giant river otters, turtles, caiman, horned screamers and hoatzin birds.

After lunch back at the lodge, we take another boat ride downriver to the Centro Nape communal organisation that produces medicines from forest plants and administers them to patients who come to their little clinic. We walk a trail with a guide who explains the medicinal and other uses for selected plants. We even get to sample some of the potions!

After dinner there is an optional walk to observe nocturnal wildlife.

Overnight: Posada Amazonas Rainforest Lodge (B, L, D)

DAY EIGHTEEN: Sunday 16 October

Rainforest

This morning's walk after breakfast takes us to the parrot clay lick. Seated in a closed observation platform, we watch for parrots, parakeets and large macaws of different species as they gather to eat clay. Later in the morning there is a two hour hike which takes us to the largest tree in the vicinity, a giant ceiba tree.

After lunch another boat ride brings us to the most self - sustaining, slash and burn farm in the community of Infierno. The owner grows a diverse range of popular and little know Amazon crops - every plant and tree on his farm serves a particular purpose.

Overnight: Posada Amazonas Rainforest Lodge (B, L, D)

DAY NINETEEN: Monday 17 October

Return to Lima

After breakfast we retrace our river and road journey back to Puerto Maldonado where we collect our luggage and head to the airport for the flight to Lima. Depending on airline schedules, this may require a dawn departure from the rainforest lodge.



Cost

Twin share: US\$ 2,995

Single: US\$ 3,445

Price includes:

- spiritual activities facilitated by Linda Marson and local shamans
- 17 nights accommodation in comfortable 3 star hotels
- 1 night homestay in basic accommodation
- 18 breakfasts (B)
- 4 lunches (L) and 4 dinners (D) as indicated
- land transport (road and rail)
- 3 domestic flights
- one entrance fee to Machu Picchu
- Cusco Visitor Ticket (entry to places of interest in Cusco and Ollantaytambo)
- English speaking guides.

Not included:

- international airfares and departure taxes
- domestic departure taxes (approx \$USD 6 per domestic flight)
- tips
- services and meals not specified.

Refunds

If the tour is cancelled due to insufficient numbers, your deposit or full payment will be refunded in full.

If you cancel a reservation for a tour that is going ahead, the following terms apply:

- Prior to 23 July 2011: refund of tour deposit less \$50 cancellation fee per person
- Between 24 July and 21 September 2011: 75% of tour cost forfeited
- Between 7 and 3 days prior to departure: 90% of tour cost forfeited
- 72 hours: no refund of tour cost.

Insurance

We strongly recommend that you take out comprehensive insurance cover before travel for cancellation, medical expenses, personal baggage and money. This should be arranged at the time of payment of the deposit to cover you for unforeseen circumstances that may result in you cancelling your reservation.

Payment options

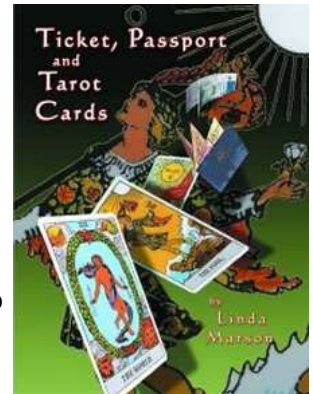
- Online through PayPal using a credit or debit card (an account with PayPal is not required)
- In Australia
 - direct debit into the Spiritual Adventure Tours bank account (at exchange rate current on the day of deposit)
 - Cheque or money order payable to Spiritual Adventure Tours.

Linda Marson

Linda Marson is a former President of the Tarot Guild of Australia and author of *Ticket, Passport and Tarot Cards*. She also produced a TV series for community television based on the book.

The Tarot tells the story of the universal human journey, so it's no wonder that travel and Tarot go together in Linda's mind.

"I always travel with my Tarot cards, because, over the years, they have shown me the significance of each stage in the process of personal transformation. By combining Tarot and travel, I have understood how stages in my inner journey run parallel to my outer journeys. Something about the countries I have visited reflect the meaning of Tarot cards, whose energy I am experiencing at the time."



A few things to consider...

Climate

We're travelling at the end of the dry season when temperatures are mild to warm during the day in the highlands and cool at night. In the Amazon Basin around Puerto Maldonado daytime temperatures average 27°C - 32°C with night time lows averaging 21°C - 26°C.

Health

The most serious illnesses to guard against are yellow fever and malaria, which both occur in jungle areas of the north and south Amazon. There have been outbreaks of yellow fever in Puerto Maldonado, so visitors should ensure they are vaccinated. Visitors are advised to consult their physician about anti-malarial drugs before leaving home.

You can also expect symptoms of altitude sickness. In most cases these are mild and ease within 24 hours. The most common are shortness of breath, fatigue and headache. Rest when you first arrive at altitude and if symptoms persist, take altitude sickness tablets, which you can buy locally or before you leave home. Drinking the readily available cocoa tea is another way to combat the effects of altitude.



Tour Reservation Form

Tour	Peru: Mystical mountains and lush rainforests
Date	29 September – 17 October 2011
Cost	US\$ 2,995 per person twin share LAND ONLY (international airfares and taxes are additional). Single: US\$ 3,445
Name (as written on your pass- port)	Title: _____ Surname: _____
	First name(s): _____
	Sex: M <input type="checkbox"/> F <input type="checkbox"/> Date of birth: / /
Passport details (as per passport)	No: _____ Place of issue: _____
	Date of issue: / / Expiry date: / /
Address	_____

	City _____ State _____ Postcode _____
Tel	AH: () BH: ()
Email	_____
Medical conditions	_____
Dietary requirements	_____
Emergency contact	Name: _____ Tel: _____
	Address: _____

Completed form and US\$ 500 deposit due by Friday 24th June 2011

Payment options:

Online through PayPal using a credit or debit card at www.tarotjourney.com.au/southamerica.html

In Australia

Direct deposit in \$AUD into the following Commonwealth Bank of Australia account

Account name: Spiritual Adventure Tours

BSB: 062611 Account number: 1044 8215

Please put your surname in reference field.

By cheque payable to Spiritual Adventure Tours and mailed to:

Linda Marson
Spiritual Adventure Tours
PO Box 272
Pottsville Beach NSW 2489.

I would like to reserve (tick one) _____ twin share accommodation _____ a single room.

Final payment:

You must pay the full balance of your tour cost by **Monday 29th August 2011**.

Please fax your completed reservation form to **02 6676 1212** (from outside Australia+612 6676 1212)
or post to the address above.

Phone: (02) 6676 1212, 0404 508323 email: linda@tarotjourney.com.au