

**One history,
a thousand
inspiring
stories.**

Contents

Metropolitan Touring _____	02
About Perú _____	08
Perú Map _____	10
Coast _____	25
Lima _____	28
Nazca & Paracas _____	38
Trujillo & Chiclayo _____	44
Nothern Beaches _____	50
Highlands _____	56
Cusco _____	61
Cusco Map _____	68
Sacred Valley _____	70
Sacred Valley Map _____	76
Machu Picchu _____	78
Arequipa & Colca _____	86
Puno & Lake Titicaca _____	94
Rainforest _____	100
Puerto Maldonado _____	105
Chachapoyas _____	110
Iquitos _____	116
Useful Contacts _____	122



Welcome to Perú

The travel business is a people business. Although the bricks and mortar and shipping steel are important, at the end of the day, it's the warmth of the smiles, the sincerity of the help, the human bond, that make the difference.

This year, the company I'm privileged to lead celebrates its 60th anniversary. And I like to think that each of those six decades is characterized by that difference. Creators, promoters, sellers, organisers, coordinators, hosts, pioneers, yes. But above all, friends to all those who have come into contact with the company.

It's my fervent desire that, at the end of your journey with us, wherever the road may take you or whoever you share your discoveries with, we'll be able to count you among our friends.

A handwritten signature in black ink that reads "Paulina Burbano de Lara". The signature is fluid and cursive.

Paulina Burbano de Lara
CEO

**One history,
a thousand
inspiring
stories.**



Inspire Your Curiosity, Write Your Own Story

We believe that travel should make the world seem a different place from how you knew it when you left home. With travel comes a new outlook, progeny of curiosity. And on each departure from the familiar, our senses are more awake, our barriers lowered, our desire to understand more acute. In this heightened state, stories are born: encounters, smiles, sunsets, highs, lows, moments that can touch the sublime. Every one of us lives such stories. We cherish them, pocket them, tuck them into our hearts. Stories are implicit to the travel experience, explicit to life. Long may your story inspire you and inspire others.

Spirit, Vision, Passion: The Metropolitan Touring Difference

In many ways, our company's origins as the **pioneers of travel in the Galápagos Islands** have set our course over the last decades. Their fragility, their specialness, their uniqueness have formed our belief in a **travel experience that is founded on respectful contact with the natural world, in interpretation, understanding and sharing – and in fun!** Today, we have a trio of vessels and a hotel on the islands – and all our staff is as committed as they were, back in the 1960s, to creating unforgettable experiences for our guests.

With this belief firmly in our hearts, beginning in 2007, we set about opening **new regional operations**. First came Peru, our neighbour to the south with its beguiling ruins and people. We then added **Argentina and Chile**, countries whose natural and cultural attractions made them irresistible destinations. Our brother country to the north, **Colombia**, joined us soon after: a spectacularly-beautiful nation that until recently was overlooked, and in whose potential we firmly believe.

*This is our Spirit,
Vision and Passion,
which we share with
each of our guests.*



Experience South America with Metropolitan Touring

Metropolitan Touring is a proudly regional company, with its own offices and operations in Ecuador, Peru, Argentina, Chile and Colombia. We know our countries and we love our countries. We create inspiring journeys across the region for our guests, each one a story in the making.

Highlights

Argentina:

Buenos Aires and tango, Bariloche, wine, steaks, El Calafate, Iguazú, Córdoba, Patagonia, Salta.

Colombia:

Bogotá, Cartagena and the Caribbean, Coffee Triangle, Medellín, Santander, Pacific Coast, salsa.

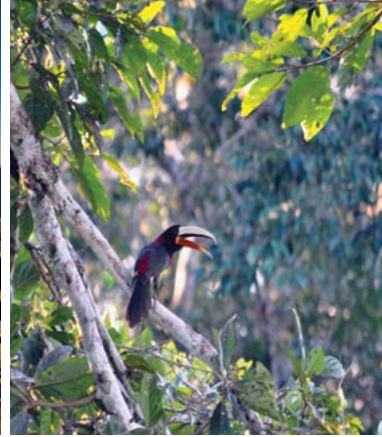
Chile:

Santiago, Atacama Desert, wine, Patagonia, lakes and volcanoes, Valparaíso, Rapa Nui (Easter Island).

Peru:

Lima, Cusco, Machu Picchu and Inca ruins, Lake Titicaca, Arequipa and Colca Canyon, Pisco drinks, Amazon, Huaraz and the mountains of the north, desert and ancient cultures.





About Peru

Peru is a traveler's paradise. It offers the curious adventurer a bottomless wealth of possibilities – from the northern desert beaches to the snow-capped peaks of the Andes, from the jungles of the Amazon to the citadels lost in the cloud forests, from the lines of Nazca etched across the sands to the amazing trails of the Incas – it is one South America's most exciting and varied nations.

Peru is a land of mystery and constant discovery, with countless archaeological sites and the most varied and unforgettable landscapes. One of the 12

mega-diverse countries in the world, its geography spans every ecosystem, from the desert coast to the jungle, crossing the incredible Andes, with amazing landscapes that host a large variety of wildlife.

Our country is full of color, with a mixture of cultures in which history and modernity coexist in total harmony, evident in its architecture, cuisine, arts but most importantly, in its people who keep traditions alive.

Meet the people, experience the adventure, live the traditions, delight your palate, encounter the past, embrace nature, feel the mystery... **Discover the intensity of Peru.**



Upon Arrival

Important Tips

For a Successful Trip

Personal Documents

Please verify that your passport has been stamped with the number of days required for your visit to Perú.

We recommend that you make copies of all your important documents and leave the originals in the safety box of your hotel. Keep a copy of your passport with you. Please note that you will need to carry your passport or ID when going to Machu Picchu.

IT IS IMPORTANT that you keep the immigration entry form (duly stamped by the Immigration authorities upon arrival), as it will be requested when you leave the country.

Luggage

In the event your luggage does not arrive with you, immediately submit your claim with the respective airline at the airport terminal. The airline is responsible for your luggage and should inform you when, in which flight and at what time your luggage is due to arrive. If this situation occurs, please do inform your guide. If you need any additional assistance to go to or from the airport, do not hesitate to contact us, although please note that we will charge for transportation.

Airline Tickets

Airlines now only issue E-tickets. You should take note of your confirmation code. Outbound flights no longer need to be reconfirmed.

We suggest you to check with your airline if it's possible to check-in online the day before in order to facilitate the check-in process at the airport.

Departure Data

Airline policies encourage passengers to be at the airport three hours before departure time for international flights. For guests with transfer services, a message will be delivered to your hotel, informing you of the pick-up time. Please keep your carry-on luggage with you at all times; like at most big airports, leaving your luggage on the floor can increase the possibilities of losing it.



Peru Facts and Tips

Language

Peru's official language is Spanish. Quechua is the second official language, and is widely spoken in the sierra (highlands). English is spoken in major visitor centers.

Religion

The predominant religion is Roman Catholic. There is complete religious freedom in Perú.

Population, Area and Government

30 millions

498,222 square miles (1,285,215 Km²).

Democratic based on 3 powers: Executive, Legislative and Judicial.

Local time

GMT / UCT minus 5 hours (Eastern Standard Time in the United States).

The Country

Peru is located on the western side of South America. Its territory borders the Pacific Ocean to the west, to the north with Ecuador, to the northeast with Colombia, to the east with Brazil, to the southeast with Bolivia and to the south with Chile. Because of its geographic position and its tropical location, the presence of the Andes and both the Humboldt and El Niño currents, Peru is the earth's most ecologically diverse country. Eighty-four of the one hundred and four ecosystems in the world, and twenty-eight of the thirty-two climates on the planet can be found here.

The People

Peru is a nation of mixed ethnic origins. Through out its history, Peru has been the meeting ground for different nations and cultures. As a result of this encounter, later enriched by the migration of Africans, Asians and

Europeans, Peruvians emerged as the representatives of a nation whose rich ethnic mix is one of its leading characteristics.

Weather

One of the great advantages of visiting Peru is its year-round sunshine. Some cities along the coast have a mild, humid climate. In the northern cities, near the border with Ecuador, the climate is pleasant and sunny all the year round. In general, the climate at altitudes between 3,300 and 8,200 feet (1,006 and 2,500 masl), such as Arequipa is cool yet sunny throughout the year. At 11,500 feet or more (3,505 masl), there are only two seasons: the rainy season (December through March) and the dry season with sunny days and chilly nights. This climate is found in the cities of Cusco, Puno, and Huaraz. On the other hand, the whole of the jungle region, from Iquitos to Madre de Dios (Puerto Maldonado), is always hot, with year-round temperatures averaging between 75°F and 83°F (24°C to 28°C).

Banks and businesses

Most businesses and Bank offices are open Mondays through Fridays from 9 a.m. to 6 p.m., although some banks also open Saturday mornings. You can withdraw



money with major credit cards at the principal banks. In major cities, most hotels, restaurants and shops accept international credit cards and travelers checks. ATM's are easily found throughout the main cities.

Currency

The official currency in Peru is the Nuevo Sol (S/.), which is divided into 100 centimos. There is no restriction on the amount of foreign currency or travelers checks brought into Peru.

Customs

Each guest is allowed two bags of up to 50 pounds (23 kilos) each, plus an 18-pound (8 kilos) carry-on luggage, photo or video camera, wheel chair, or baby carriage can be transported free of charge if there is space availability.

Electricity

Electricity in Peru is 220 volts AC, 60 cycles. Some hotels have 110 volts AC or adaptors.

Passport and visas

Valid passports are required for entry into Peru. No visas are needed for stays of up to 90 days. Before landing, your airline will give you an embarkation / disembarkation card to be filled out and presented to the Immigration officer.

Taxes

There is a sales tax added to purchases equivalent to 19%.

Food

Anyone who has been to Peru can vouch for its wonderful cuisine, which reflects the diversity of a nation that has blended its native traditions with the cuisine of Europe, the Middle East, China, Africa and Japan. The result: unique flavors that make Peruvian cuisine one of the finest and most varied in the world. Today the gastronomy bounty can be enjoyed in traditional restaurants and also through the creations of a new generation of chefs who have achieved international recognition for their imaginative use of traditional ingredients and recipes with haute cuisine techniques.

Drinking water and drinks

Bottled mineral water, with or without carbonation, soda drinks like Inca Kola and Coca-Cola are available in all hotels, ships and restaurants, as well as Cristal, Pilsen and Cusqueña beers. Coffee and tea are usually served at the end of meals. The “chicha morada” is the typical drink of Peru, and it is generally consumed in the coast.



Tipping

As in many places, gratuities are customary, but entirely at guest's discretion. Usually you tip 10%.

Park fees

Visitors to Machu Picchu, archeological sites, National Parks and Natural Reserves must pay entrance fees. Such prices vary and may not be included in tour rates.

Health

No inoculations are required for entry. Travelers with heart conditions or high blood pressure should check with their physicians about high-altitude travel, as well as preventive measures for visiting tropical areas. Bottled water is advised and available everywhere. Altitude sickness is occasionally a problem for visitors traveling directly to the high Andes, above 2,500 meters (8,000 feet). The best way to prevent it (headache, dizziness, fatigue) is to eat lightly, and drink plenty of fluids.

Clothing

If the traveling is through the coast, it is advisable to bring clothing for Fall. For the mountains, winter clothing will be necessary. Dressing in layers is ideal in the jungle. Comfortable shoes and protection from the sun are recommended.

Children

Some tours and programs are not suitable for smaller children, and thus not recommended for them. Children over eight will have no problem. Hotels in the major cities cater to children of all ages, providing children's menus, baby sitters and extra beds/cribs.

Photography

Filming or pictures are not allowed inside churches and most museums. Your guide will advise you on restrictions in photographing people; military and/or government installations.

Sports

Arrangements can be made for tennis, golf, and horseback riding, white-water rafting, mountain biking, trekking & hiking.





Coast

The Peruvian coastline is formed by a long snaking desert between the Pacific Ocean and the Andes mountains. It features deserts, beautiful beaches and fertile valleys, as well as the biggest and most important Peruvian cities.

While the north enjoys 300 days of sunshine a year and warm temperatures all year long, the central and southern sections of the coast present dry coastal terrains, occasionally split by valleys covered by a thick layer of cloud.

The Peruvian coastline is washed by a generous sea, which provides Peru with the most wonderful, varied and abundant fruits of the sea.

Coast Travel tips

Lima's world known cuisine serves a fusion of Peruvian flavors with others around the world... make sure you visit some of the gourmet restaurants the city has to offer.

Most of the dishes along the coast are seasoned with different varieties of aji (spicy chili pepper) so it is necessary to take some precautions.

The Peruvian Northern beaches temperatures are always hot, so we recommend you always use a good sun block, wear a hat and drink plenty of liquids.

While visiting Ica, we recommend taking the flight over the Nazca lines and the boat ride to the Ballestas Islands during the morning since the weather conditions are normally better.

Avoid street vendors and carry only enough money for the day. Leave your passport and personal belongings in the safety deposit box.

The most trendy handicraft brands can be found in Lima. If you are looking for any specific item, ask the local representative for assistance.



Lima

Lima is the capital of the country and the gateway to the rest of Peru. It is a modern metropolis with a population of over 8 million, offering its visitors superb museums, dozens of art galleries, theater productions and every kind of top-notch cultural exhibition, along with the most sophisticated gourmet restaurants, and their exquisite innovative cuisine. Lima has gain the nickname of the “Gastronomic Pearl of South America”



How to get there

By land: Connected by the Pan-American Highway to different cities along the coast of Peru, Ecuador, and Chile. To the west, the Carretera Central is the main highway to different highland and central jungle cities.

By air: Regular flights to the major world cities from the Jorge Chavez International Airport (located in the Callao Region, approximately 30 minute from Lima).

Altitude

3 masl / 10 fsl

Climate

Arid and semi-warm climate

Maximum 21 (71,4°F)

Minimum 17°C (62°F).



Things to see and do when in Lima

Visit the City Center, declared a World Heritage Site by UNESCO and known for its splendid colonial architecture.

Miraflores & San Isidro, Lima's foremost tourist and hotel districts where you'll find spacious modern shopping areas, well-manicured parks and many cultural events.

Bohemian Districts: Barranco and Chorrillos, featuring restaurants, coffee shops, bars, top notch galleries, museums and all kind of arts representations.

Archaeology: Pachacamac. 31km away from Lima city, the ancient pre-Columbian temple housed one oracle that was considered to be a main ceremonial center in pre-Hispanic Peru.

The Magical Water Circuit: the largest water park in the world, where a series of spectacular water fountains dazzle locals and foreign visitors alike.





Museums: One of the most outstanding is the Larco Herrera Museum, and its exhibition of erotic pre-Colombian art.

La Punta & Real Felipe Fort: The pentagon-shaped fort of Real Felipe was built in the eighteenth century to fend off attacks by pirates and corsairs. A few kilometers off the coast lies San Lorenzo Island, home to a varied marine ecosystem.

Caral, a large settlement in the Supe Valley, some 200 km north of Lima. It is considered the most ancient city of the Americas .

Outdoor Activities: Lima offers many outdoor activities such as Paragliding & Bike Tours through the best spots of the city.

Recommended Restaurants in Lima

Astrid y Gastón Casa Moreyra

Peruvian Fusion Cuisine

Paz Soldan 290 San Isidro

Phone: (01) 442-2775

Malabar

Amazonian Fusion Cuisine

Camino Real 110 San Isidro

Phone: (01) 440-5200

Central

Peruvian / International Fusion

Santa Isabel 376 Miraflores

Phone: (01) 242-8515

Panchita

Tradicional Peruvian Cuisine

Calle 2 de mayo 298 Miraflores

Phone: (01) 242-5957

Huaca Pucllana

Traditional Peruvian Cuisine

General Borgoño cdra. 8, Huaca Pucllana - Miraflores

Phone: (01) 445-4042

Amaz

Peruvian Amazonic Fusion

La Paz 1079, Miraflores

Phone: (01) 221-9393

La Mar

Peruvian sea food

La Mar 770, Miraflores

Phone: (01) 421-3365

Madam Tusan

Chinese Fusion Cuisine

Santa Cruz 859 Miraflores

Phone: (01) 505-5090

La Rosa Náutica

International & Peruvian Cuisine

Espigón 4 Circuito de Playas, Miraflores

Phone: (01) 445-0149

Señorio de Sulco

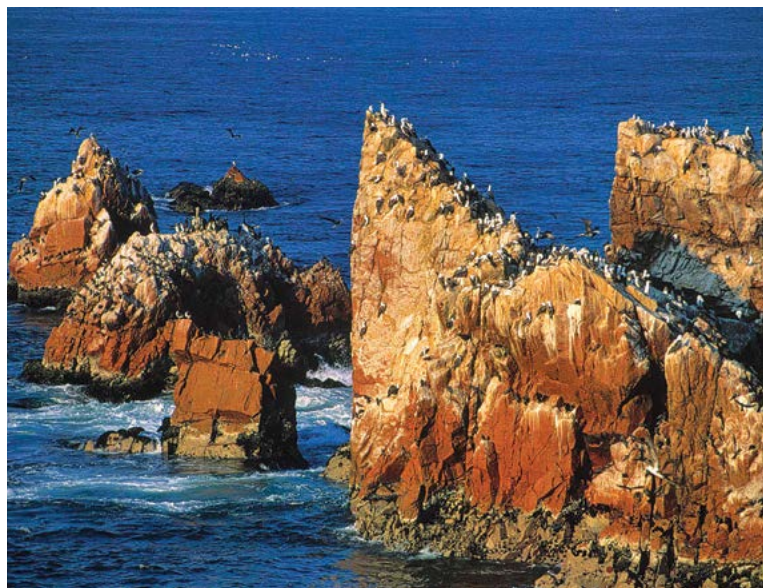
Traditional Peruvian Cuisine

Malecón Cisneros 1470, Miraflores

Phone: (01) 441 -0183

Nazca & Paracas

The deserts sands of Ica reveal treasures of ancient civilizations, such as the famous Nazca lines, etched in the desert sands around 600 A.D. which can only be seen from the air. In other hand, the Paracas National Reserve, including the Ballestas Islands, is a rich coastal eco-system, home to the most magnificent marine wildlife. A short ride away, are the cities of Ica and Pisco, wine center and home to Peru's national drink: the Pisco Sour!



How to get there

By land:

Lima - Paracas: 250 km / 156 miles
(3 hours)

Lima – Nazca: 443 km / 275 miles
(6 hours)

Altitude

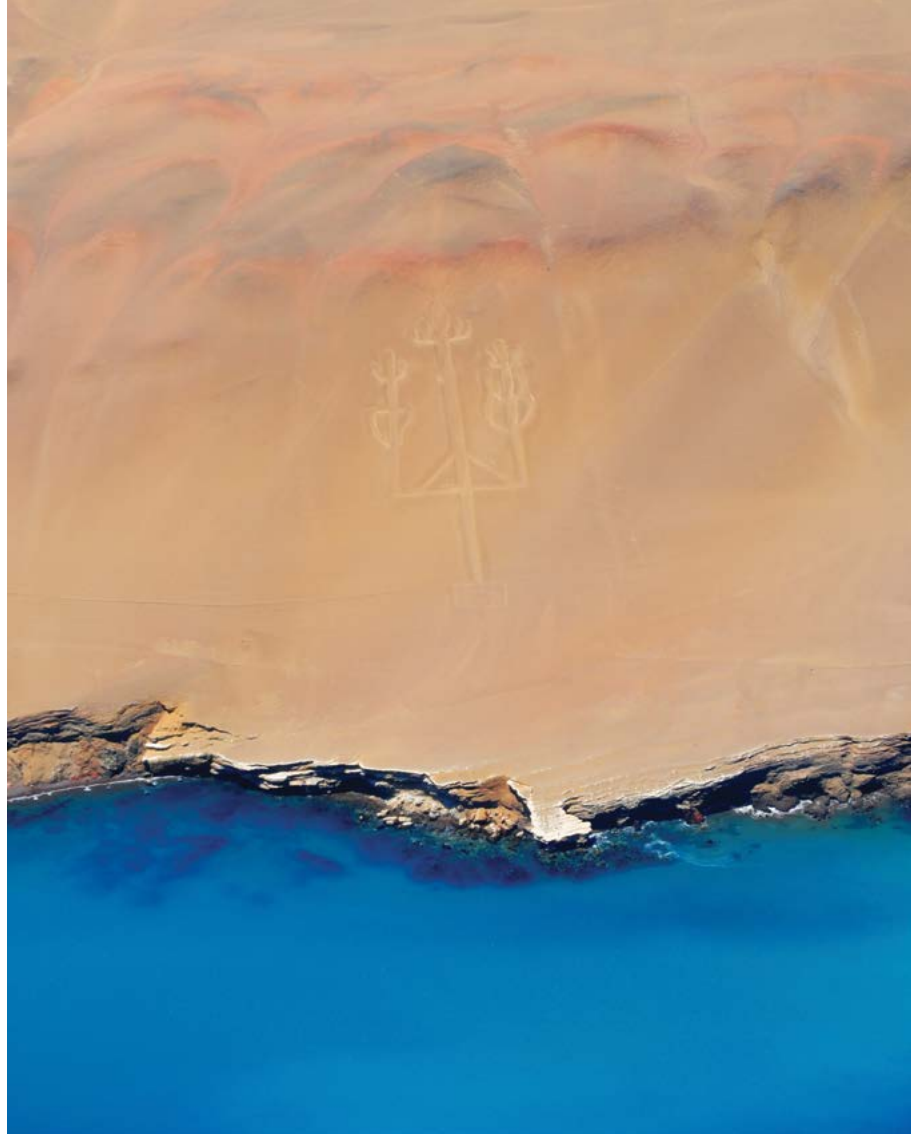
2 msnm / 7 fasl

Climate

Arid and temperate climate

Maximum 32 ° C (89 ° F)

Minimum 9 ° C (49 ° F)



Things to see and do when in Nazca & Paracas

The Paracas National Reserve is a rich coastal eco-system and the natural habitat for flamingoes, pelicans, penguins, sea lions, and an infinity of fish. A place of enchanting sunsets.

Ballestas islands. The beautiful Islands are a protected area for cormorants and sea lions, all easy to spot from a sailboat.

The Nazca Lines, an enormous network of lines and drawings made by the Nazca culture, covering an area of approximately 135 miles. The drawings can only be seen from the air.

Visit Traditional Pisco Producing Bodegas. Where Peru's National Drink, the pisco is elaborated in the traditional way using distillers made during the Colonial time.

Huacachina Lagoon. An oasis in the middle of a desert, forming a splendid landscape of dunes, palm trees, and acacias.

Sandboarding and Buggies. Sliding face-down on a board along the great sand dunes is the unique pleasure offered by sandboard.



Trujillo & Chiclayo

The cities of Chiclayo and Trujillo share the richness of the Moche and Chimú cultures, creators of the great Chan Chan Citadel and the Tomb of the Lord of Sipan, and much more new archaeological sites still being discovered in the area. The tomb of this very important Mochica warrior-priest reveals amazing gold and silver objects of incredible value. Chan Chan, in Trujillo, is the largest mud-brick citadel built by a pre-Hispanic civilization in the Americas.



How to get there

By land:

Lima - Chiclayo: 770 km / 479 miles
(10 hours)

Lima - Trujillo: 560 km / 348 miles
(8 hours)

Trujillo – Chiclayo: 208 km / 130 miles
(3 hours)

By air:

Daily flights Lima-Trujillo (50 minutes),
and Lima- Chiclayo (1 hour 30 minutes)

Altitude

29 masl / 96 fasl

Climate

Semi-arid and temperate climate

Maximum 26,2 ° C (79,2 ° F)

Minimum 17,3 ° C (63,1 ° F).



Things to see and do when in Trujillo & Chiclayo

Immerse yourself in infinite archaeological richness: Home to astonishing pyramids, spectacular burials of pre Inca leaders such as Lord of Sipan.

Visit Chan Chan , the largest mud-brick citadel built by a pre- Hispanic civilization in the Americas, covering an area of 20 square kilometers.

Enjoy the ultimate gastronomic experience: An ancestral cuisine with an exceptional worldwide reputation and the magic of the fruit of the ocean.

Beach & Surf: The seaside beach of Huanchaco offers a demonstration of skill on the waves with its typical little horses of totora (small reed boats) rocking in the sea.

Pomac Forest Historic Sanctuary is a shelter for carob trees, birds and archaeological vestiges from the Sican culture.



Northern Beaches

The Peruvian northern Pacific coast features gorgeous white-sand beaches which attract those who want to relax as well as lovers of water sports such as scuba diving, kite surfing, deep-sea fishing and surfing. It was the beaches of Northern Peru that inspired Ernest Hemingway to write his Nobel Prize winning novel, “The Old Man and the Sea”.



How to get there

By land:

Chiclayo – Mancora beach (Piura)
396 km / 247 miles (5hours)

By air:

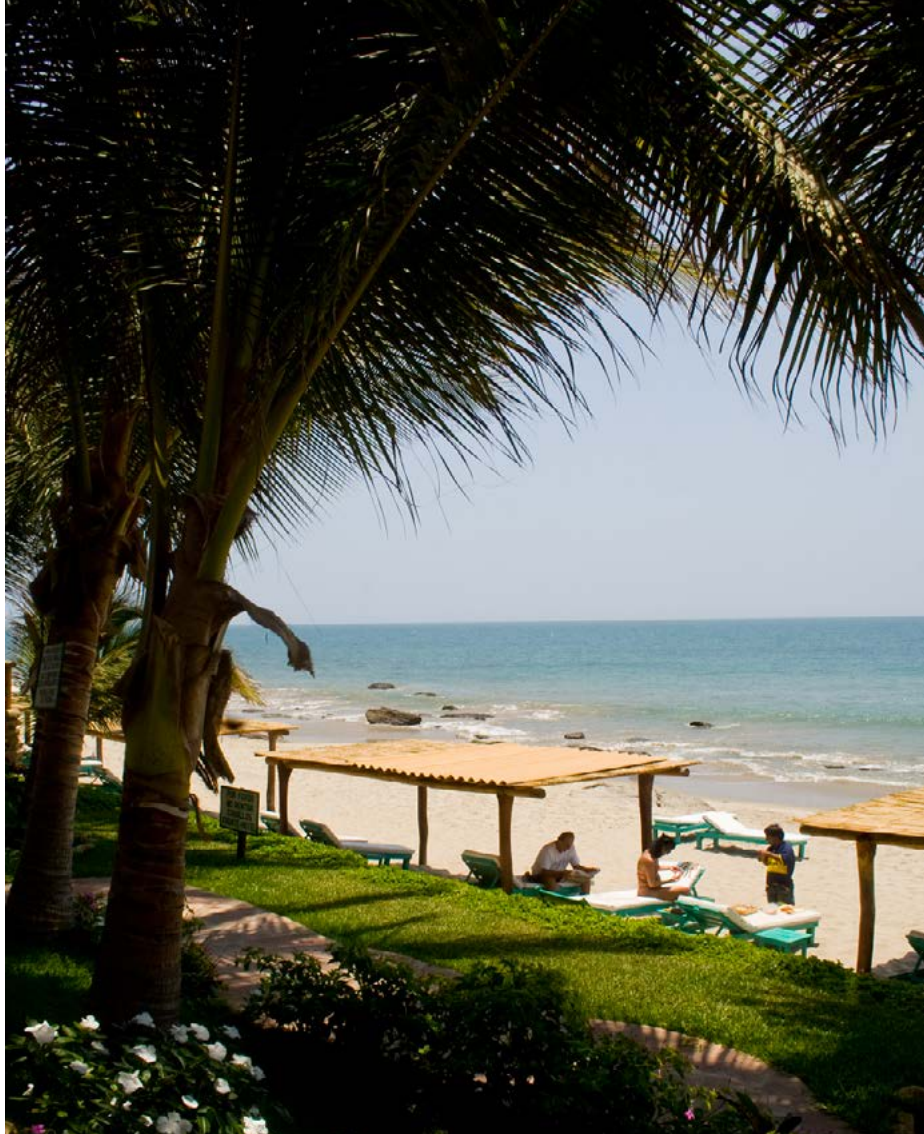
Daily flights to Tumbes from Lima
(1 hour and 30 minutes)
Regular flights to Piura from Lima
(1 hour and 15 minutes)

Altitude

0 masl / 0 fasl

Climate

Sunny and warm weather
throughout the year
Maximum 26 ° C (79 ° F)
Minimum 19 ° C (66 ° F).



Things to see and do when in Northern Beaches

Kite & Windsurf . From April to November, the Máncora beaches, with winds of up to 30 knots or more, become real vertigo-inducing racetracks.

Surf: Waves all year round. Peru's northern beaches are considered by experts to be among the best in the world.

The Mangroves Sanctuary of Tumbes. An extensive aquatic forests, composed of mangroves, create a one-of-a-kind environment between the river and the sea.

Handicrafts towns of Catacaos & Chulucanas. Relax at the luxury DCO or Mancora Marina Hotel overlooking the sunset.



Highlands

The highland of Peru is a land of massive peaks, deep canyons and superb archaeological sites, such as the lost city of the Incas, Machu Picchu.

The highlands preserve the spirit of Peru and the traditions of ancient civilizations that have left an indelible mark on the history of South America. An area full of charm and wild beauty, dominated by the magnificent Andes.



Highlands Travel Tips

On the first day of visit to any city of the Peruvian highlands, it is highly recommended to eat lightly, drink coca tea, and avoid alcoholic beverages.

Take your time... it is normal to feel tired when walking because of the atmospheric pressure. Headaches are also usual. Ask your local representative or the front-desk for assistance.

One thing to remember when shopping handicrafts: buyers are expected to haggle for the goods they wish to get.

While visiting the Sanctuary of Machu Picchu, please follow the posted rules that will help to preserve its natural and cultural beauty.

Rail companies will ask for your original passport when checking-in. Try to avoid inconveniences and remember to bring it with you before leaving the hotel.

Puno is the capital of the Peruvian folklore. If you are a fan of popular traditions, the festival of the Virgen de la Candelaria held in February is a must!





Cusco

The city of Cusco was the Navel of the World for the Incas, and the capital of their vast Empire. The city, known as the archaeological centre of the Americas, was one of the largest and most advanced cities in the New World by the time the Spanish arrived. Cusco is today a very cosmopolitan city and the gateway to Machu Picchu and the Sacred Valley of the Incas. Its narrow cobble-stoned streets are still charged with the mysticism and energy that flowed among its people.

How to get there

By air: Daily flights to Cusco from Lima (1 hour), Arequipa (30 minutes) and Puno (45 minutes)

By train: Regular service from Puno: 384 km / 239 miles (10 hours)

Altitude

Cusco (3,399 masl / 11,156 fasl)

Climate

Semi-dry and cold climate

Maximum 19.6°C (67.3°F)

Minimum 4.2°C (39.6°F)

The rainy season starts in November and ends in March



Things to see and do when in Cusco

Engage in a spiritual city tour in magical Cusco city, strolling along its narrow cobble stone streets.

Cusco's nearby ruins: the fortress of Sacsayhuaman, a magnificent example of Inca military power; Qenqo, a ritualistic site with subterranean galleries that form an underground maze; Puca Pucara, the red fortress; and finally Tambomachay, also known as the Incan Baths.

Explore the art of Cusco: Around the city you'll see numerous galleries that are free to enter. Here, you'll find cultural pieces, many of which also incorporate Inca traditions.

Visit Koricancha: The most important temple dedicated to worship the sun during Inca times built on a foundation of smoothed stone structures – the finest in Cusco – taken from the Inca sanctuary

Visit the winding streets of San Blas, the artisan neighbourhood of Cusco: Enter the workshops of folk artists who for centuries have used their hands to work in stone and woodcarving, sculpture, silverware, weaving and textile arts.

Experience the nightlife: Cusco has many bars and clubs for all tastes.



Recommended Restaurants in Cusco

Cicciolina

International / Italian Cuisine

Calle Triunfo 393 2nd floor, Cusco

Phone: (084) 239510

Inka Grill

International / Peruvian / Novoandean Cuisine

Portal de Panes 115, Cusco

Phone: (084) 262992

Limo

Peruvian Cuisine and Pisco Bar

Portal de Carnes 236, 2nd floor, Cusco

Phone: (84) 424068

Incanto

Italian, Peruvian & Fusion Cuisine

Santa Catalina Angosta 135, 2nd floor, Cusco

Phone: (084) 254753

Greens organic

Exquisite organic Cuisine

Santa Catalina Angosta 135, 2nd floor, Cusco

Phone: (084) 254753

Pachapapa

Traditional Andean Cuisine

Plaza San Blas 120, San Blas

Phone: (084) 241 318

Map Café

Peruvian Contemporary Haute Cuisine

Plaza Nazarenas 231, Cusco

Phone: (084) 242 476

Casa Qorikancha

Innovative and Traditional Peruvian Cuisine

Calle Zetas N° 109 2nd floor, Cusco

Phone: (084) 231198

Tupananchis

Fusion Cuisine

Espinar Plaza 180-184, Cusco

Phone: (084) 24 5159

Calle del Medio

Peruvian Fusion Cuisine

Calle del Medio 113, Cusco

Phone: (084) 248340

Don Antonio

International & Peruvian Buffet

Calle Santa Teresa 356, Cusco

Phone: (084) 221318

Cusco Map

HOTELS

- 1 Belmond Palacio Nazarenas
- 2 Belmond Monasterio
- 3 La Casona Inkaterra
- 4 Marriot Cusco
- 5 Libertador Palacio del Inca
- 6 Aranwa Hotel Boutique
- 7 Novotel Cusco
- 8 Casa Andina Private Collection
- 9 Jose Antonio Cusco
- 10 Sonesta Posada del Inca
- 11 El Mercado
- 12 Costa del Sol Picoaga
- 13 Los Portales

PUBLIC INSTITUTIONS

- 14 Police Station
- 15 Bellas Artes School of arts
- 16 Migrations
- 17 City Hall
- 18 Library
- 19 Indecopi

MUSEUMS

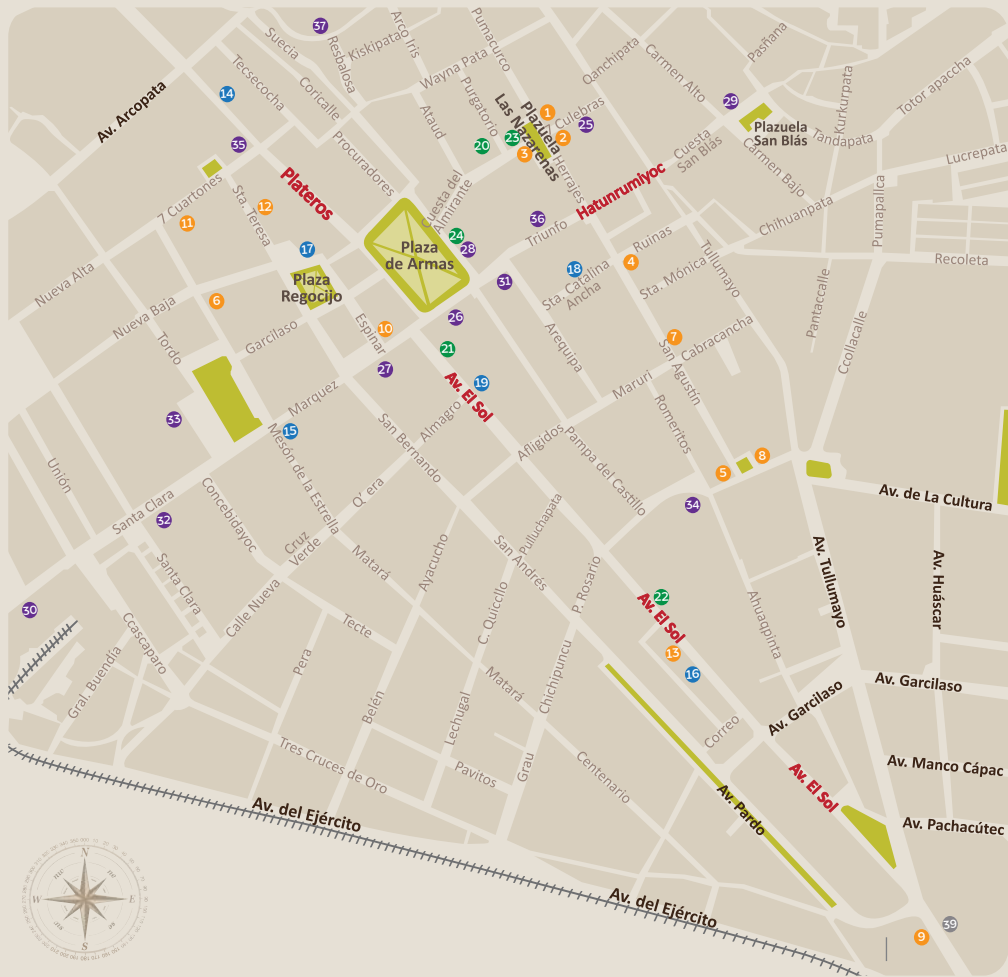
- 20 Archeological museum
- 21 American popular art museum
- 22 Qoricancha museum
- 23 Pre Colombian art museum
- 24 Cathedral museum

CHURCHES

- 25 San Antonio de Abad church
- 26 La Compañía church
- 27 La Merced church & convent
- 28 Sagrada Familia church
- 29 San Blas church
- 30 San Pedro church
- 31 Santa Catalina church
- 32 Santa Clara church
- 33 San Francisco church
- 34 Santo Domingo church
- 35 Santa Teresa church
- 36 Del Triunfo church
- 37 San Cristobal church
- 38 Las Nazarenas monastery

HANDICRAFTS

- 39 Handicraft market



Sacred Valley

Just an hour drive from Cusco, the Sacred Valley of the Incas (Urubamba Valley) is home to picturesque communities, impressive terraces and several important archaeological sites. In Inca times, the valley was the breadbasket of the Empire and it's still important for agriculture, as farmers plant the same fields they did in Inca times with the same crops. Its mild weather and particular geography make it the ideal place for outdoor activities.



How to get there

By land: 78 km (48 miles)
northeast from Cusco city. (1 hour)

Altitude

2,871 masl / 9,420 fasl

Climate

Dry, sunny days and cool nights
Maximum 26°C (78°F)
Minimum 10°C(50°F)
The rainy season starts in
November and ends in March.



Things to see and do when in Sacred Valley

Visit Awanacancha: an Andean textile centre where you will learn about the dyeing techniques and instruments used for hundreds of years in the weaving of these famous textiles.

Multisport activities in Peru's beautiful off-the-beaten-track regions: horseback riding, adrenaline rush white-water rafting, mountain biking, trekking, birdwatching, 4x4 rallies, and more.

Participate in **cultural and folklore expressions:** local rituals to Mother Earth, textile weaving, tastings & cooking.

Get amazing pictures at **Maras Salt Mines & Moray Terraces.**

Visit de traditional Andean town of **Chincheros** and **Pisac Market** to interact with local merchants and buy beautiful handicrafts.



Sacred Valley Map



Hotels

1. Casa Andina
2. Inkallpa
3. La Hacienda
4. Belmond Río Sagrado
5. Tambo del Inka
6. Sol y Luna
7. Sonesta Posada Yucay
8. Aranwa

Information

- Crafts
- Archaeological sites
- Snow Capped Mountain
- People
- Inca trail
- Provincial capital
- District capital
- Abra
- Capital
- Departmental boundaries
- Paved road
- Train tracks
- Airport

Machu Picchu

The beautifully preserved lost city of the Incas was a mystic place of worship, a spot for star-gazing, and the private hacienda of the Inca Pachacutec. A real jewel in architecture and engineering that amazes every visitor when walking around its different areas like the palaces, temples and observatories. Machu Picchu was selected by millions of online votes in 2007 as one of the “New Seven Wonders of the World” and it is easy to see why.



How to get there

By train: 112 km (70 miles) northeast from Cusco city, traveling 4 hours by train.

74 km (36 miles) from Ollantaytambo Station in the Sacred Valley – 1 hr. 30 min by train

Altitude

2,400 masl / 7,874 fasl

Climate

Dry, sunny days and cool nights

Maximum 26°C (78°F)

Minimum 10°C (50°F)

The rainy season starts in November and ends in March.



Things to see and do when in Machu Picchu

Forget everything else and just enjoy the view. Put the books down, get out your camera, take some photos, and then just take your time to look, experience, and absorb all the energy that surrounds the citadel.

Hike Huayna Picchu Mountain, known as the “Young Mountain” that rises over Machu Picchu, standing at 2,720 m (8,920 ft.) above sea level. A challenge that takes about one hour or a bit more.

Machu Picchu Mountain, known as the “Old Mountain”. A better option for those looking for a more challenging hike, since it is the big mountain standing at 3,000 m. (9,840 ft) above sea level. Climbing to the top takes about 2 hours on a very steep trail.





Walk the Inca trail on a one-day trip, visiting the important Inca archaeological remains of Wiñay Wayna and capture your first view of Machu Picchu from Inti Punku, the Sun Gate.

Mandor Valley: A two-hour walk along the Vilcanota River follows the railroad tracks into the Mandor Valley, inhabited by varied and fascinating birdlife, including cock-of-the-rock, speckle-faced parrots and green jays.

Arequipa & Colca

The White City of Arequipa not only has beautiful convents, temples and grand old colonial houses, it also holds a wealth of gastronomy as a result of a mixture of native products of the ancient Pre-Columbian cultures combined with modern culinary techniques. Additionally, two of the deepest canyons in the world; the Colca and the Cotahuasi, are the natural habitat of the Vicuña, with the finest fibre in the world and the condor that shows its majesty when flying a few meters just above guests.



How to get there

By air:

Daily flights to Arequipa from: Lima (1 hour), Cusco (30 minutes), Juliaca (30 minutes) and Tacna (30 minutes)

By land:

Puno – Arequipa: 294 km / 182 miles (5 hours)

Cusco – Arequipa: 516 km / 322 miles (9 hours)

Altitude

2,335 masl / 7,333 fasl

Climate

Semi-arid and temperate climate

Maximum 21.7°C (71°F)

Minimum 6.9°C (44.4°F)

The rainy season starts in January and ends in March.



Things to see and do when in Arequipa

Visit Santa Catalina Monastery: a unique building from the 16th century. Access to the cloisters with mural painted walls, narrow streets with Spanish names, small cells, white volcano-stone fountains, gardens, an impressive temple and a small picture gallery.

Salinas and Aguada Blanca National Reserve: The habitat of wild Andean camels such as the vicuña and the favourite of birdwatchers because of the important number of birds.

Shopping: Arequipa is famous for its export-quality textiles woven from alpaca and vicuña wool.





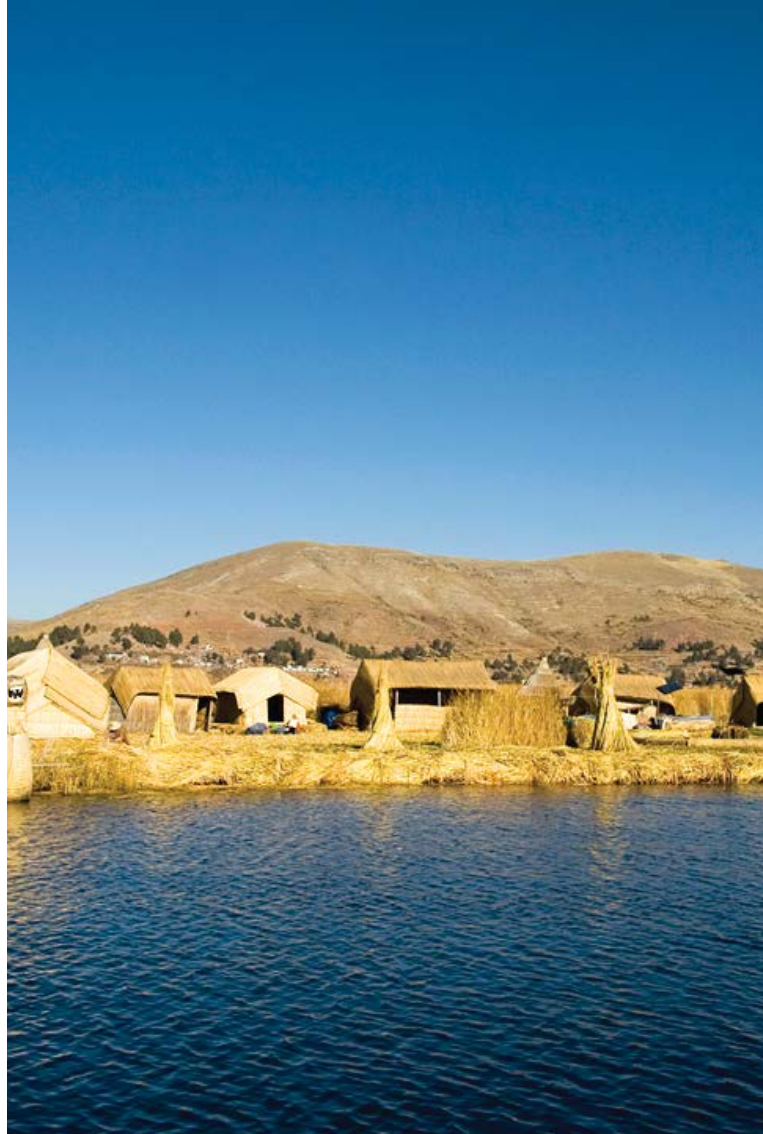
Enjoy an exquisite meal at a traditional **“Picantería”**.

Colca and Cotahuasi Canyons: Two of the deepest canyons in the world, located in an inter-Andean valley with traditional towns, hot springs, waterfalls and views of snow-capped peaks. The area is ideal for hiking, river-rafting, paragliding or mountain biking.

The ‘Cruz del Condor’ or Condor Cross: is the pass where condors soar gracefully on the rising thermals occurring as the air warms.

Puno & Lake Titicaca

High in the windswept Andes is Lake Titicaca, one of Peru's most fascinating destinations. Titicaca is the highest navigable lake in the world and the cradle of many legends like the one that gave birth to the Inca Empire. On its shores, the city of Puno vibrates with dances and festive representations of its people. Nowadays, the lake still shelters ancient cultures, such as the community of the Uros that inhabits floating islands made of reeds; and the Quechua people who live on Taquile Island and who still keep their traditions alive.



How to get there

By land:

Arequipa – Juliaca – Puno: 294 km / 182 miles (5 hours)

By air:

Regular flights to Juliaca from Lima (1 hour and 45 minutes, with a stop in Arequipa) and from Arequipa (25 minutes).

By train:

Cusco – Puno: 384 km / 239 miles (10 hours)

Altitude

3,827 masl / 12,553 fasl

Climate

Cold and semi-dry.

Maximum 14°C (58°F)

Minimum 3°C (37°F)

The rainy season starts in October and ends in April.



Things to see and do when in Puno

Living Cultures: Devotees of experiential tourism will enjoy visiting the islands of Taquile, and Amantari as well as the town of Llachón.

Archaeology fans should not miss visiting the **Sillustani complex** and its enigmatic chullpas built by the Collas.

Puno is known as the **Folkloric Capital of the Americas**, characterized by its very rich and colourful musical expressions.

Kayak on the world's highest navigable lake and also mountain bike on trails above 9,840 feet. Sport fishing on the lake is another option.

Visit the islands on Lake Titicaca that maintain their ancient social and farming systems: Taquile, Amantani and Suasi.

Meet the Uros people, who live on approximately 40 floating islands, made mainly of totora (cattail or reed). The Uros are known for their high skills knitting totora, which they use to make their rafts and their houses, as well as handicrafts.



Rainforest

The Amazon rainforest, also known as Amazonía, is one of the world's largest natural resources. The “Lungs of the Planet” covers every corner east of the Andes, from the Equator to the southern borders between Peru, Brazil and Bolivia, and about 15% of earth's oxygen is produced in this area. Scarcely populated, Peru's Amazon Rainforest probably sustains the world's richest biodiversity mainly in the Manu, Pacaya Samiria, Tambopata and the other wildlife paradises and natural sanctuaries.



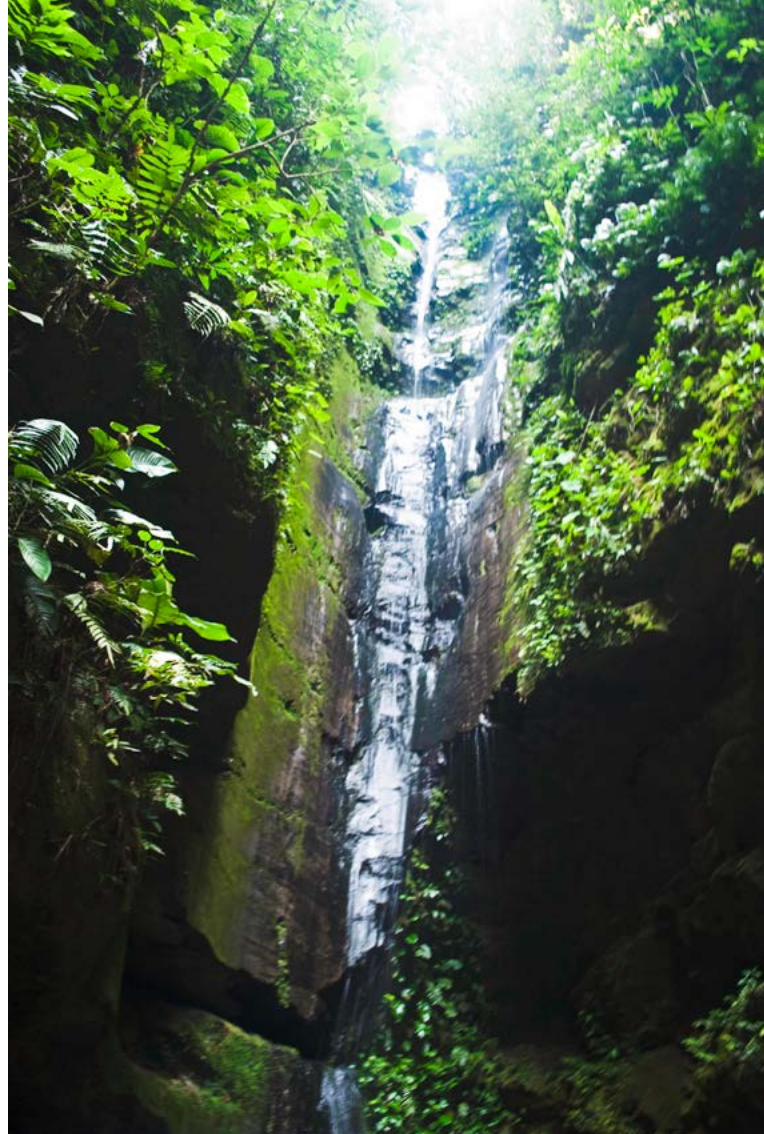
Rainforest Travel Tips

Try to refrain from touching wildlife, especially vivid coloured frogs which appear quite harmless.

While walking through the jungles, wear light clothes, preferable long-sleeve shirts, a hat and waterproof boots.

It is not mandatory but highly recommended to get the yellow fever vaccination at least 10 days before visiting any jungle destination.

Make sure you are bringing extra memory cards and batteries. Once at the lodge, charging batteries or buying cards is impossible.





Puerto Maldonado

Puerto Maldonado is the main city of the Department of Madre de Dios and the starting point for jungle trips. Nearby lie the Manú National Park, Tambopata National Reserve, and Bahuaja-Sonene National Park. These are some of the most pristine primary rainforests in the world, which include several oxbow lakes and clay licks, where hundreds of birds including macaws feed on clay.

How to get there

By air:

Daily flights from Lima to: Puerto Maldonado (90 min)

It is also accessible from Cusco by plane (30 min)

Altitude

101 msnm / 341 fasl

Climate

Humid and warm

Rainy season between December and March

Maximum 26°C (77°F)

Minimum 8°C (24°F)



Things to see and do when in Puerto Maldonado

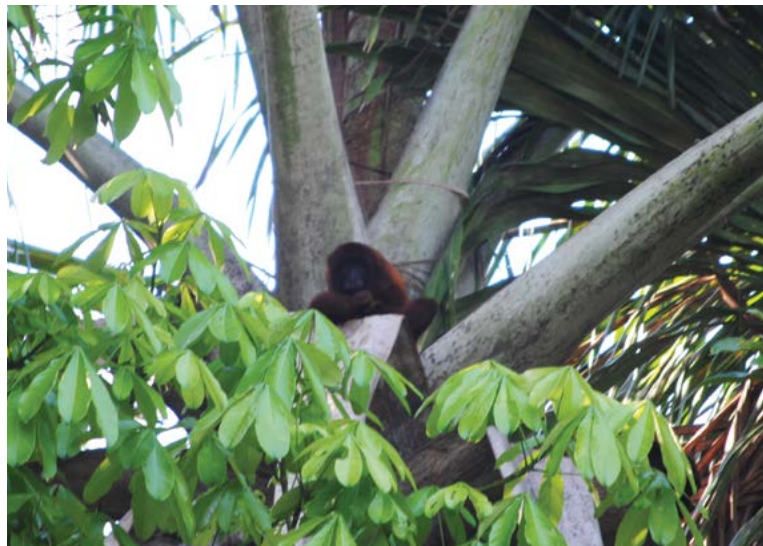
Explore Tambopata National Park: One of Peru's most important ecological areas, the Tambopata Reserve has such a great biodiversity, that most species found here have not yet been named.

The Manu National Reserve: Famous for films, documentaries, National Geographic magazine, and the WWF.. the Reserve is recognized by UNESCO and the World Wildlife Fund as a "World Biosphere Reserve" and "World Natural Heritage Site".

Sandoval Lake: An oxbow lake, once part of the Madre de Dios River, offers extraordinary scenery of calm waters surrounded by palm, aguaje and other primary forest trees.

Colorado Macaw Clay Lick: Each morning, an exciting show takes place here: macaws, parrots and parakeets meet at the world's largest clay licks to eat the clay found on the banks.

The canopy walkway: Explore the Amazon from a perfect viewpoint from which to see the lush rainforest and experience its unforgettable beauty.



Chachapoyas

Known as the “Peruvian Babel Tower”, Kuelap is an ancient stone fortress strategically built by the Chachapoyas or Cloud People on a mountaintop whose western flank is an imposing precipice. The citadel covers an area of around 6 hectares (14 acres) with some 420 circular buildings that include a watchtower and castle. All this set amid rolling forested hills and small rural communities. A beautiful, little-visited gem in Peru!



How to get there

By land:

Lima-Chiclayo-Chachapoyas:

1,409 km / 876 miles (21 hours)

Chiclayo – Chachapoyas: 450 km /

280 miles (9 hours)

By air:

No flights available at the moment

Altitude

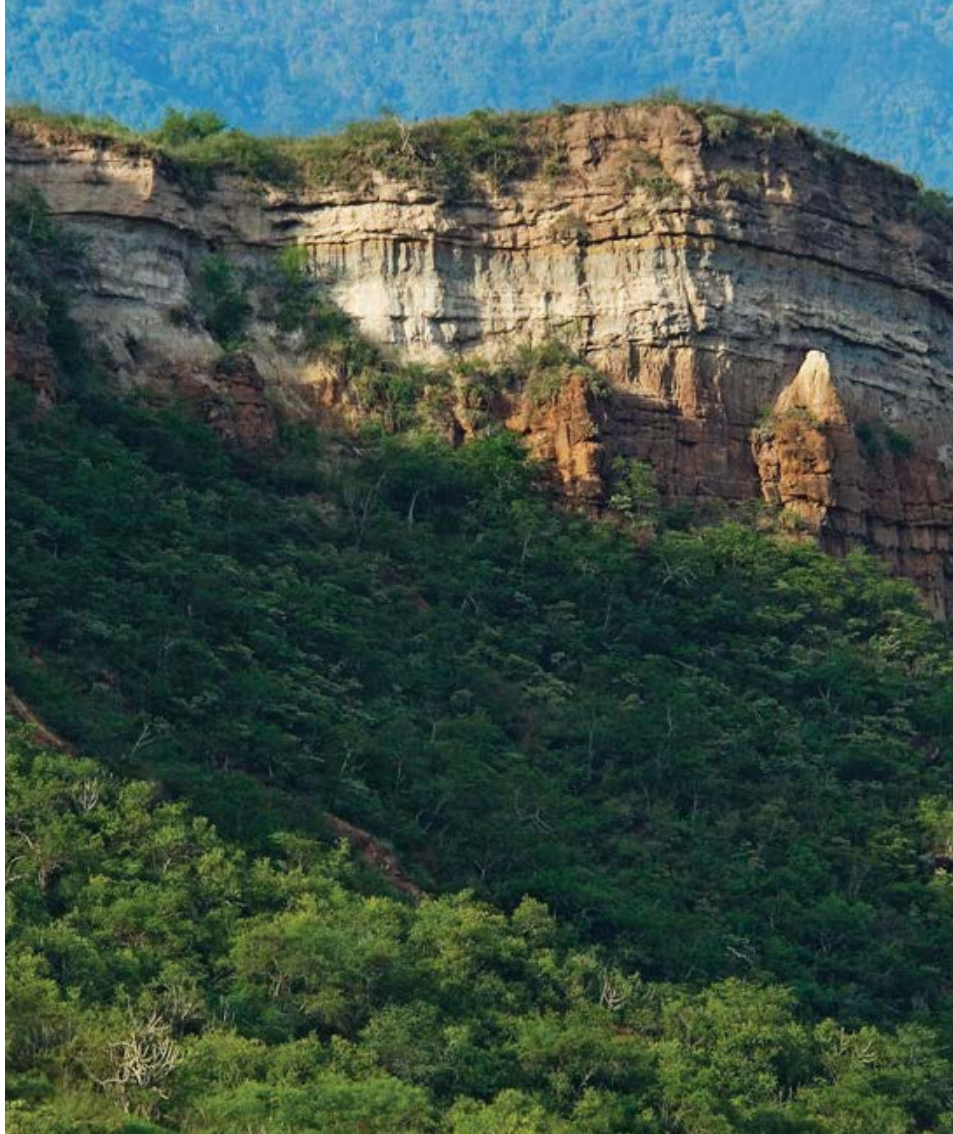
2,334 masl / 7,657 fasl

Climate

Temperate to cold weather

Maximum 23°C (68°F)

Minimum 13°C (51°F).



Things to see and do when in Chachapoyas

Kuelap Fortified Citadel: Iconic tourism and archaeological site in the north-west of Peru. The citadel was the political, religious, administrative and military centre (500 - 1450 A.D.) of the Chachapoyas civilization and it is surrounded by a long wall with a perimeter of 1,900 metres.

Trek to Gocta Falls: One of the tallest waterfalls in the world. The only way to reach the Gocta Waterfall is through a 5-hour trek through virgin jungle.

Lago on of the Condors: Also known as Mummies Lagoon, as a tomb was discovered on its shores containing over 200 well-preserved mummies despite the warm and damp climate of the region.

Leymebamba Museum: A modern museum exhibiting mummies and objects found in Laguna de los Cóndores (Condor Lagoon), as well as textiles, ceramics and weapons found in the area.

Karajía Sarcophagi: These coffins are pre-Inca tombs, some 1000 years old, implanted at the top of a cliff.



Iquitos

Iquitos is a city submerged in the Peruvian Amazon Region, which seen from the air, spreads out like a huge, green seemingly endless cloak. Linked to the world only by air and by the Amazon River, Iquitos is Peru's most important city on the banks of the Amazon River, and home to one of the largest hydrographic system in the world, the Amazon Basin.



How to get there

By air:

Eight daily flights from Lima to Iquitos (90 min)

Altitude

104 masl / 341 fasl

Climate

Hot and rainy all year long

Maximum 31°C (88°F)

Minimum 21°C (70°F)

The dry season (July – November) and the flood season (December – July) feature particular differences in the plant and animal life as well as in the climate.



Things to see and do when in Iquitos

Stylish Jungle Experiences: Travel along the Amazon River and its tributaries on a Luxury River Cruise.

Go on an unconventional outdoor shopping in **Belen Market**, a one-of-a-kind gigantic outdoor “super” market that offers unique local jungle products that are sure to spark your interest.

Have an exclusive insight into how indigenous Indian tribes have lived in the jungle for thousands of years by visiting the Boras, and be part of their traditional dances performance.

Swim with pink dolphins: These legendary creatures are unique in physical appearance, social and friendly.

Visit La Isla de los Monos: home to a wide variety of monkeys who roam around the island freely, and they can be seen playing, climbing on visitors, and basking in the sun.

Go piraña fishing; A fun, exciting and unique activity!



Useful Contacts

Emergency:

Ambulance: 117

Fire Department: 116

Police: 105

Tourism Police: (51-1) 225-8699

Transportation:

Aeropuerto internacional
Jorge Chávez – Lima: (51-1) 511 6055
<http://www.lap.com.pe>

LAN Airlines: (51-1) 213 8200 | www.lan.com
Peruvian Airlines: (51-1) 716-6000
www.peruvianairlines.pe

LC Peru: (51-1) 204-1300
www.lcperu.pe

Star Perú: (51-1) 705-9000
www.starperu.com

Avianca: (51-1) 440-4104
www.avianca.com

American Airlines: (51-1) 211-7000 |
<http://www.aa.com.pe>

Delta Airlines: (51-1) 211-9211
www.delta.com

Air France / KLM: (51-1) 213-0200
www.klm.com.pe

Tame: (51-1) (01)633-4363 | 243-6631
www.tam.com.ec

Copa Airlines: (51-1) 610-0808
www.copaair.com

AeroMéxico: (51-1) 705-1111 |
www.aeromexico.com

Air Canada: (51-1) / 626-0900
www.aircanada.com

Iberia: (51-1) 411-7801
www.iberia.com

Cruz del Sur: (51-1) 311-5050
www.cruzdelsur.com.pe

Oltursa (51-1) 708-5000
www.oltursa.com.pe

Calling in and outside Peru

To make a local call, no city codes are necessary and the number has 7 digits. When calling from city to city, respective codes should be included. When calling from outside of Peru, country code and city code are required:

Peru (country code) 51

Lima 01

Cusco 84

Puno 51

Arequipa 54

Embassies in Lima

Argentina: Av. Las Flores 326 San Isidro

Phone: (51-1) 441-4444 / 441-3065 / 441-3241

Australia: Av. La Paz N° 1049, Piso 10, Miraflores Phone:

(51-1) 630-0500

Austria: Av. República de Colombia N° 643, Piso 5, San Isidro

Phone: (51-1) 442-0503 / 442-1807 / 442-0343

Belgium: Av. Angamos Oeste N° 380, Miraflores

Phone: (51-1) 241 7566

Brazil: Av. Jose Pardo 850 Lima 18

Phone: (51-1) 512-0830

Canada: Calle Bolognesi 228, Miraflores 18 Lima

Phone: (51-1) 319-3200

Chile: Av. Javier Prado Oeste N° 790, San Isidro

Phone: (51-1) 710-2211

China: Jr. José Granda N° 150, San Isidro

Phone: (51-1) 442-9458

Colombia: Av. Jorge Basadre 1580 San Isidro

Phone: (51-1) 441-0954 / 442-9648 / 441-0530

Ecuador: Las Palmeras N 356 San Isidro, Lima 27

Phone: (51-1) 212-4161 / 212-4171 / 212-4027 / 212-5481

France: Av. Arequipa 3415 San Isidro

Phone: (51-1) 215-8400

Germany: Av. Arequipa N° 4210 – Miraflores

Phone: (51-1) 203-5940, 422-6475, 440-4048

Italy: Av. Giuseppe Garibaldi N° 298, Jesús María

Phone: (51-1) 463-2727

Mexico: Av. Jorge Basadre 710 San Isidro

Phone: (51-1) 612-1600

Netherlands: Av. José Larco 1301, Piso 13, Torre Parque Mar,
Miraflores

Phone: (51-1) 213-9800

New Zealand: Los Nogales 510, Piso 3 San Isidro

Phone: (51-1) 422-74911

Poland: Av. Salaverry 1978, Jesus María
Phone: (51-1) 471-3920 / 471-3925

Portugal: Av. Pardo y Aliaga N° 640, Piso 16, San Isidro
Phone: (51-1) 628-7164 / 628-7165 / 628-7166

Romania: Av. Jorge Basadre 690 San Isidro
Phone: (51-1) 422-4587 / 440-939

Russia: Av. Salaverry N° 3424, San Isidro
Phone: (51-1) 264-0036 / 264-0038

Spain: Av. Jorge Basadre, 498 San Isidro
Phone: (51-1) 212-5155

Sweden: Pje. La Santa Maria 130 San Isidro
Phone: (51-1) 442-8905

United Kingdom: Av. José Larco N° 1301, Torre Parque Mar,
Piso 22, Miraflores
Phone: (51-1) 617-3000

United States: Av. La Encalada cdra. 17 s/n Surco
Phone: (51-1) 618-2000

Metropolitan Touring Offices in Peru:

Main Office

Phone: (51-1) 715 5515

Office Hours: Monday through Friday 09:00 to 18:00

Mailing Address:

Av. Del Pinar 180, Suite 1001, Chacarilla Surco, Lima 33,
Peru

Operations department in Lima:

Phone: (51-1) 715 5515

Operations Offices in:

Cusco: Calle Santa Teresa 383 Suite 100

Phone: (51-84) 245-226

Puno: Calle Lima 419 Suite 205

Phone: (51-51) 369-955

EMERGENCY NUMBERS 24/7:

In Lima: (51) 989-258-179/ (51) 987-545-165

In Cusco: (51) 9847 65296 / 9847 65070

In Arequipa: (51) 959-653088 / 959-175412

In Puno: (51) 951-751-702

CREDITS:

Illustrations: Wilo Ayllon - www.wiloart.com / Carolina Arce

Images: Metropolitan Touring image bank and PromPerú.

Design Concept: Cristina Bustamante

Layout: La Fabrika Soluciones Creativas S.A.C.



ECUADOR
COLOMBIA
PERU



Check out our Video Gallery
by scanning this QR code
with the appropriate
Smartphone App

Follow us:

Facebook.com/metropolitantouring 
Twitter: @MetroTouring 
YouTube.com/metropolitantouring 
Vimeo.com/metrotouring 

www.metropolitan-touring.com | 24h@metropolitan-touring.com.pe
Av. Del Pinar 180 Suite 1001 Chacarilla, Surco | Lima - Peru
Phone: (51-1) 715-5515 | Fax: (51-1) 718-6051