



## **Weaving Words and Women** **September 30- October 11, 2016** **Sacred Valley, Patacancha, Cusco, Machu Picchu**

*A cultural immersion into Peru - the ancient, the sacred, the everyday world of women.*

*This itinerary is designed to allow for a relaxed and flexible pace with plenty of opportunities for cultural interaction, creative facilitation, writing and rejuvenation, and for your own individual needs. Lodging is double occupancy, in clean, comfortable accommodations, with private bath. Single rooms can be arranged for a single supplement fee.*

### **DAY ONE, Friday, September 30 - Travel**

Arrive in Lima in the evening and take pre-arranged transport to a small guesthouse in a quiet neighborhood of Lima. No group activities planned for this evening to allow you to relax in these charming accommodations and allow Peru to begin weaving her way into your heart.

### **DAY TWO, Saturday, October 1 - Arrive in the Sacred Valley**

Fly to Cusco. We'll have lunch at a local restaurant, and celebrate our arrival exploring the twisted streets and alleys of this ancient Incan city. Then, an hour's drive and we'll be in Pisac, in the Sacred Valley beside the Urubamba River. We will stay at the Paz y Luz Bed and Breakfast, a quiet, peaceful spot just outside of the village, where Page will lead us in some guided "sensate" journaling to help us capture the sights and sounds of the day before we enjoy dinner on the town. Massages and traditional healing treatments are available at Paz y Luz, where we will be staying for three nights. [www.pazyluzperu.com](http://www.pazyluzperu.com)

### **DAY THREE, Sunday, October 2 - Traditional Market and Shamanic Ceremony**

Fully immerse yourself in Peruvian culture with a visit to the traditional Tuesday morning market of Pisac. For centuries, women from the surrounding Andean villages have made the trek to Pisac to barter and display their produce, livestock, weavings, jewelry, and clothing in a feast for the senses. In the afternoon we will return to Paz y Luz for writing and reflection, and in the evening a local Quechuan shaman will lead us in a despacho, the traditional Incan ceremony of intention and letting go. A home-cooked Peruvian dinner at Paz y Luz will complete the day.

### **DAY FOUR, Monday, October 3 - Pisac Ruins**

In the morning, we'll make the steep climb by taxi to the ruins above Pisac, the ancient Incan empire. A dramatic Temple of the Sun, intricate stonework, and sweeping views of the Sacred Valley make this one of the best ruins in the region. For those who wish, we will walk back to town via well-preserved Inca terraces. In the afternoon we'll return to the round, open-air meeting space at Paz y Luz to share the a few pieces of literature by Peruvian women with time to reflect on how we can weave what we have learned from this ancient culture into our own modern lives.

### **DAY FIVE, Tuesday, October 4 - Explore Ollantaytambo, Evening Class in Peruvian Cuisine**

We'll get a taste of local transportation by taking the one-hour ride by local bus to the town of Ollantaytambo, downstream from Pisac on the Rio Urubamba. Ollantaytambo is a small town with an enormous ruin perched on the hillside above. After settling in at the Apu Lodge ([www.apulodge.com](http://www.apulodge.com)), where we will be for four nights, we will spend the afternoon exploring the Plaza de Armas and the cobbled streets, with more creative facilitation by Page. In the evening we'll take a class in Peruvian cuisine—ranked among the top five world cuisines! During our evening of cooking and eating we will also learn a few basic phrases of Quechua to prepare us for our village visit the following day. We'll sprinkle our writing with the sights, sounds, smells, tastes, and textures of the day.

### **DAY SIX, Wednesday, October 5 - A Day with the Women Weavers of Patacancha**

We will journey to the remote village of Patacancha to immerse ourselves for a day in the lives of women who are practicing the traditional art of weaving on backstrap looms. After a morning of learning about the art and history of Andean weaving and watching the women work, we will join local villagers for a Pachamanca – a

traditional meal of earth-cooked local potatoes and meat. In the afternoon we'll split up into twos and threes to join a local woman in her home for individual weaving lessons.

#### **DAY SEVEN, Thursday, October 6 - Ollantaytambo Ruins and Optional Sacred Valley Horseback Ride**

A day of options. Visit the ruins that rise above the town in the morning, go for a walk up the beautiful valley, or spend a couple of hours horseback riding on Peruvian Paso horses, known for their smooth, four-beat gait called the llano paso. Or, write, nap, and wander on your own! We will gather at the end of the day to weave together our adventures, reflections, and tall tales.

#### **DAY EIGHT, Friday, October 7 - Machu Picchu**

Rising early in the morning, we will take the VistaDome train along the spectacular Rio Urubamba river as it thunders and crashes towards Machu Picchu, recently named one of the *New Seven Wonders of the World*. A local guide will explain the amazing culture behind the intricate stonework, and then we will linger in the quieter afternoon to write and wander through the magical ruins. We'll dine in the local town of Agua Calientes before taking the evening train back to Ollantaytambo.

#### **DAY NINE, Saturday, October 8 – Meet with Nilda Callanaupa in Chinchero, arrive in Cusco**

We'll drive to the mountain town of Chinchero, where we will meet with Nilda Callanaupa, founder and executive director of The Center for Traditional Textiles, and a renowned expert in Andean weaving. Nilda will share her home village of Chinchero with us, and teach us about the natural dyeing techniques that she has helped to revive. In the later afternoon we'll continue on to Cusco, the former heart of the Incan empire and a unique blend of Incan culture and the rich architecture of the conquering Spaniards. We'll lodge at the Hostal Amaru ([www.amaruhostal.com](http://www.amaruhostal.com)), a lovely courtyard hotel in the artsy neighborhood of San Blas.

#### **DAY TEN, Sunday, October 9 – Exploring, Writing, and Relaxing in Cusco**

A morning to unwind and follow your interests – visit the Mercado Central, where hundreds of women crouch next to their blankets and stands filled with vegetables, potatoes, breads, and meats. Visit the towering Cathedral on the Plaza de Armas, the Incan temple of Koricancha, get a massage, or wander through the galleries and museums of Cusco. In the afternoon we'll gather as a group for writing, reflection, and celebration of our time in Peru, weaving together our memories of the land, the women, and the culture.

#### **DAY ELEVEN, Monday, October 10- Cusco Behind the Scenes**

We'll glimpse into the lives of Cusquenian women and children in this day spent in the busy city and outskirts of Cusco. In the morning we'll visit the Museum at the Center for Traditional Textiles – a nonprofit organization that supports women weavers in the Cusco area. In the afternoon we will visit a local non-profit that works with children, and venture to the outskirts of Cusco to visit places well outside of the usual tourist circuit.

#### **DAY TWELVE, Tuesday, October 11 - Fly home.**

Breakfast offers a chance for us to tie together the last threads of this amazing journey. A late morning flight from Cusco will get you to Lima in time to catch a flight home. Most flights to the States leave Lima in the late afternoon or evening and arrive the following morning, and Laura can help you with these logistics if you have questions. **Note that you will arrive home on Wednesday, October 12!**

*Note: If you'd like to extend your stay in Cusco for a day or two, just let us know and we can book your room for those extra nights. Please note that international travel is always subject to unforeseen circumstances, and lodging locations or other details of this itinerary could change!*

#### **DETAILS:**

**Meals:** Breakfasts and dinners will be restaurant or catered meals. Lunches will be either restaurant meals or market/ picnic style. All non-alcoholic drinks are included with meals. Participants will provide their own drinking water during the day, extra snacks or treats if needed, and alcoholic beverages if desired.

**Lodging:** Day 1- Lima; Days 2, 3, 4 – Pisac; Days 5, 6, 7, 8 – Ollantaytambo; Days 9, 10, 11 – Cusco

**Transportation:** All transportation, except the return flights from the U.S. to Lima, and from Lima to Cusco, is provided. Transportation will be a combination of chartered van, public bus, train, and taxis.