

WEAVING WORDS & WOMEN

Cusco and the Sacred Valley, Peru

April 24- May 6, 2020

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. Please note that international travel is always subject to unforeseen circumstances, and lodging locations or other details of this itinerary may change!

DAY ONE – Travel (Friday, April 24)

Peru begins to weave her way into your heart! Arrive in Lima in the evening and take pre-arranged transport to [Casa Bella Miraflores](#), a small cozy boutique hotel just half a block from the Malecon Cisneros, with a walking path overlooking the Pacific Ocean. Dinner on your own if you arrive early. No group activities planned for this evening since we'll be flying to Cusco in the morning.

DAY TWO - Arrive in the Sacred Valley (Saturday, April 25)

Fly to Cusco, where we will meet up with our driver. We'll have lunch on the way to the small Andean town of Pisac, our portal into the Sacred Valley. The hour drive down into the valley will join the Urubamba River at the edge of Pisac, where mountains rise on every side. We will stay at the Paz y Luz Healing Center, a quiet, peaceful bed and breakfast a short walk from the village. Massages, traditional healing, jacuzzi and dry sauna treatments are available (for an additional fee) at [Paz y Luz](#), where we will stay for three nights.

DAY THREE – Exploring Pisac and Shamanic Ceremony (Sunday, April 26)

In the morning after breakfast at Paz y Luz, we will gather for some creative time, where Page will guide us on ways to weave with words what we learn from this ancient culture. We will explore the cobbled streets and local produce market of Pisac, followed by lunch and time to wander on our own, shop in the town square's souvenir market, or find a quiet place to journal inspired by the colorful sights and sounds of this Andean village. Early afternoon, we will return to Paz y Luz for a despacho, the traditional Incan ceremony of intention and letting go, led by a local Quechuan shaman. A home-cooked Peruvian dinner at Paz y Luz will complete the day.

DAY FOUR - Pisac Ruins (Monday, April 27)

After breakfast, we'll take a back-road by taxi to the ancient Incan ruins above Pisac. 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. We'll either picnic at the ruins or return to town for lunch. The rest of the afternoon is open to explore, write, or sign up for spa treatments. Late afternoon, we'll gather for more creative inspiration before a relaxing dinner at a nearby restaurant.

DAY FIVE – Hacienda Sarapampa (Tuesday, April 28)

In the morning after breakfast, we will gather for our creative focus in the rotunda, immersing ourselves in the tranquility of Paz y Luz. Then time to pack and embark for Ollantaytambo, with a special stop at the [Hacienda Sarapampa](#) for a farm-to-table lunch, where we'll be entertained with a taste of elegant Peruvian Paso horsemanship. After lunch, we'll continue on to the town of Ollantaytambo, following the Rio Urubamba past fields of drying corn and farms tilled by oxen,

enjoying the chance to take in the Sacred Valley during the hour and a half hour drive. We will arrive in the afternoon, settling in at [Apu Lodge](#) where we will be for four nights. Page will lead us in a creative session, helping us sprinkle our journaling with the sights, sounds, smells, tastes, and textures of the day. We will enjoy a relaxing dinner on site at Apu Lodge.

DAY SIX – Ollantaytambo (Wednesday, April 29)

Ollantaytambo is an intimate town, with ancient cobblestoned passageways that wind through its corridors, and an enormous archeological site that rises up just at the edge of town. This was the last stronghold of the Inca leader Manco Yupanqui. In the morning, we will explore these Inca ruins and then have lunch at a local restaurant. The afternoon will allow for free time to explore or relax in Apu Lodge's beautiful private garden before we regather for a creative session and dinner. We'll learn a few basic phrases of Quechua to prepare us for our visit to Patacancha.

DAY SEVEN - A Day with the Women Weavers of Patacancha (Thursday, April 30)

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 have individual weaving lessons overlooking the village before gathering for a Pachamanca—a traditional meal of earth-cooked local potatoes and meat, which we will share with the women and their children. This will be our first, unique opportunity to buy beautiful weavings from local artisans who have raised the wool, spun and dyed the yarn, and woven the fabrics themselves. Our second opportunity will be when we visit Chinchero on Day Ten.

DAY EIGHT - Pumamarca Ruins- Hike, Drive or Horseback Ride (Friday, May 1)

A day of options. In the morning, we will journey up to the quiet, seldom-visited ruins of Pumamarca, with splendid views overlooking the Patacancha and Yuracmayo Rivers. You may hike, take the van, (or *for a modest additional fee), ride horseback on the small but sturdy Peruvian mountain horses. Once reunited at the ruins, our guide will share with us the history of this sacred Incan site. After time to reflect and journal, we will walk down out of the ruins and gather for a picnic lunch. We will all take the van back to town, where we'll have free time to journal, nap, or wander on our own. We will gather before dinner to weave together our adventures, reflections, and tall tales.

DAY NINE - Machu Picchu (Saturday, May 2)

This morning we will take the Vista Dome train along the spectacular Rio Urubamba River as it thunders and crashes towards the Amazon jungle and Machu Picchu, one of the *New Seven Wonders of the World*. We'll spend the afternoon at Machu Picchu, where our local guide will explain the complex culture behind this intricate and ancient stonework. We will linger whenever possible to write and wander. After touring the ruins, we will return to the town of Agua Calientes for the night, and an optional, on-your-own soak in the local hot springs.

DAY TEN – Chinchero Market and Weaving Collective, arrive in Cusco (Sunday, May 3)

In the morning we'll take the train back up the Rio Urubamba, and then drive to the mountain town of Chinchero to explore the historic Sunday morning market where traditionally dressed locals descend from the hills and still practice the ancient custom of *trueco* (bartering). After the market, we'll walk a block to The Center for Traditional Textiles, where (if her schedule allows), we will meet Nilda Callanaupa, founder, executive director, and renowned expert in Andean weaving. We will learn about the natural dyeing techniques that Nilda has helped to revive, and

watch demonstrations by the Quechua master weavers and the younger women learning this ancient art. In the late afternoon, after a few minutes of quiet time to journal while the experience is fresh, we'll continue to Cusco, the former heart of the Incan empire—a unique blend of Incan culture and the rich architecture of the conquering Spaniards. We'll lodge at [Casa San Blas](#), a charming boutique hotel located in the artistic heart of the city's historic district.

DAY ELEVEN – Exploring Cusco (Monday, May 4)

Today, after gathering for a little creative inspiration, we will explore the bustling town of Cusco, taking the morning to do a walking tour of the beautiful plazas, Incan stone foundations, and the Spanish architecture built on top of this ancient Peruvian city. In the afternoon, we're on our own to pursue our unique interests, which may include a visit to the Incan temple of Koricancha, a visit to the many museums and galleries, or a relaxing massage, aromatherapy treatment, Shiatsu, or more (fee-based pampering provided by Casa San Blas).

DAY TWELVE - Exploring Cusco (Tuesday, May 5)

A morning to unwind and follow your interests after we gather briefly for some creative focus. You may choose to visit the Mercado Central, where hundreds of women crouch next to their blankets and stands filled with vegetables, potatoes, breads, and meats. Or you might take a taxi up to the ruins of Sacsayhuaman, visit the impressive cathedral on the Plaza de Armas, visit the Chocolate Museum, cozy up in a café to write, or schedule a massage. In the afternoon, we'll gather as a group for creative reflection, and a celebration of our time in Peru, weaving together our memories of the land, the women, and the culture.

DAY THIRTEEN - Fly to Lima for your connecting flight (Wednesday, May 6)

Breakfast offers a chance for us to tie together the last threads of this amazing journey. You can schedule your return flight to Lima for any time that coordinates with your flight from Lima to home. Most flights to the States leave Lima in the late afternoon or evening and arrive the following morning.

~ ~ ~

***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.*

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, extra snacks or treats if needed, and alcoholic beverages if desired.

Lodging:

Lima, travel Day 1; Pisac, Days 2, 3, 4; Ollantaytambo, Days 5, 6, 7, 8; Aguas Calientes, Day 9; Cusco, Days 10, 11, 12

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