

TRIP DETAILS and MORE INFORMATION, PERU 2023
Weaving Words and Women with Page Lambert and Brenda Porter

TRIP AT A GLANCE

DATES: April 14-27, 2023

COST: \$ 5380 (based on double occupancy).
Single supplement for your own room is \$950

GROUP SIZE: Maximum of 12 women guests

INCLUDED:

- All ground transportation
- All meals (breakfast 4/15/23-breakfast 4/27/23)
- Lodging for 12 nights
- All fees for the activities on the itinerary
- Ground transportation during the trip
- Bi-lingual guides: Brenda Porter and local Peruvian guides
- Creative facilitation by Page Lambert

NOT INCLUDED:

- Roundtrip airfare to Lima; and roundtrip airfare to Lima/Cusco (note, we suggest breaking up the long journey to Cusco with an overnight in Lima on the first night). Lodging at the Lima airports's Wyndham Costa del Sol hotel on 4/14/23 *is* included.
- Trip insurance (we find [Insure My Trip](#) to be a good resource)
- Covid-19 testing, if needed
- Alcoholic or specialty beverages
- Bottled water (we discourage single use plastic bottles)
- Optional horseback ride to Pumamarca on Day 6
- Extra personal services, such as spa treatments

DEPOSITS, PAYMENTS, CANCELLATIONS

The total cost of the trip is \$5,380 based on double occupancy.
Single supplement is an additional cost of \$950.

Deposit: \$500 (*non-refundable*) due at time of registration

Payment 1: \$2440 due by October 1, 2022*

Payment 2: \$2440 due by January 1, 2023*

**Please note, PayPal transactions incur an additional 3.5 percent fee, unless using PayPal's credit card option. Payments made via personal check incur no additional charges.*

Cancellation Policy:

December 31 or earlier – full refund of payments received (*less \$500 non-refundable deposit*)

January 1-February 28 – 50% refund of payments received (*less \$500 non-refundable deposit*)

March 11 or later – No refunds can be made, even for emergencies*

Trip insurance is highly recommended.

If we cancel the trip for any reason, you will receive a full refund.

COVID-19 TRIP HEALTH and SAFETY POLICY

1. We will make every effort toward Covid-19 safety through careful consideration of our accommodations and activities, as well as healthy practices with frequent hand-washing and wearing masks in public areas when social distancing is not possible.
2. Effective June 12, 2022, The Centers for Disease Control and Prevention (CDC) rescinded the order requiring persons to show a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding a flight to the United States. Vaccination requirements are still in effect. Because of the fluid nature of travel regulations, we will continue to reevaluate our guidelines and testing requirements for re-entry into the U.S.
3. Consistent with health regulations as updated June 12, 2022, by the [U.S. Embassy in Peru](#), all travelers must be fully vaccinated 14 days prior to boarding an incoming flight to Peru OR must present a molecular test with a negative result (within 48 hours) prior to boarding.
3. Any participant or guide who tests positive for COVID-19 within 14 days of the scheduled departure, will not be allowed on the trip. The trip fee is non-refundable at this date, so travel insurance is essential.
4. If guides or participants experience any COVID-19 or flu-like symptoms during the trip, they may be physically distanced from the rest of the group and a determination will be made to seek definitive care.
5. Any associated costs are the individual's responsibility, including costs of quarantine.

MORE TRIP INFORMATION

This trip is a rare opportunity to travel with other creative women, and to plumb the depths of personal experience from which all good journaling arises. We will experience Peru through the lens of its women, and in particular, the women of the high Andes who have been crafting incredible hand-woven textiles for thousands of years. We will visit the small village of Patacancha, where women sit on the ground with their babies at their side and weave intricate, traditional designs on backstrap looms. We will visit the weaving collective of Chinchero, where grandmothers are passing on knowledge of natural, traditional dyes to the young girls. We will visit Peruvian Hearts, a nonprofit helping young women achieve their dreams through education. We will also weave in visits to the long-standing Incan ruins of Pisac, Pumamarca, and Machu Picchu, explore the cobblestone streets of several towns in the Sacred Valley, and take in the cathedrals and museums of Cusco, the heart of the Incan empire. Throughout our trip, Page will guide us with creative facilitation that will enable us to deepen our experiences, using written language and cultural narratives to expand our understanding of the Peruvian culture.

Peru

Peru is a rich and fascinating country, with a wide diversity of landscapes and peoples. Over 50% of the population is indigenous, carrying thousands of years of wisdom born from living closely with the land. While Spanish is the primary language, many other languages are spoken, including Quechua, the complex, unwritten language of the Incas that is the native, and often only, spoken language in the highlands we will be visiting. Harmony and *ayni*, the concept of reciprocity, and living in direct relationship with the earth are central aspects of the Quechua culture. The Quechua live a deeply spiritual life, blending Incan spirituality with the Catholic influence of the Spaniards and the earth-based rituals that are a result of living in direct relationship to the earth for thousands of years.

Level of Activity and Elevation

Experiencing the culture and people of Peru requires walking, and we will walk on dirt roads, uneven cobblestone streets, or trails just about every day. Our trip is designed for anyone in good physical health, capable of walking on uneven terrain at a relaxed pace for over an hour at a time. The archeological sites at Machu Picchu, Ollantaytambo, and Pisac require an ability to walk on rough and uneven terrain, and to climb steep stone steps. However, there is no need for speed! We will walk at a slow and relaxing pace, take breaks as needed, and find options for less active participants whenever possible.

We designed the itinerary to acclimatize to the high elevations of the Andes. After flying into Cusco, elevation of 11,500', we descend to the town of Pisac for the first two nights, elevation 9750'. Then we have four nights in Ollantaytambo at 9,160'. We'll take day trips from 12,000' to 15,000,' but will spend less than 6 hours at these elevations. Machu Picchu Pueblo/Aguas Calientes, is our lowest elevation of 6,700' and we will spend two nights there. We end our trip with 3 nights in Cusco, at an elevation of 11,150.'

Most people adjust to the altitude, aside from getting a little out of breath when walking uphill. If you have any concerns about altitude, please consult your doctor.

If you have questions about the physical aspect of the trip, contact Brenda to make sure that this trip is a good fit for you.

Food

Peruvian food is an eclectic blend of indigenous tradition and a strong Spanish influence. In the Andean region, fresh, locally grown root vegetables, green vegetables and corn are the staples for most meals, supplemented with grilled local chicken and meats. The gastronomically adventurous can try *cuy*, the grilled guinea pig that the region is famous for. We will sample a variety of cuisines at local restaurants, and one night will have a chef come to prepare us a traditional Peruvian dinner. Please let us know if you have food preferences or allergies - there are usually plenty of options, but if your diet is severely restricted you may need to bring some supplemental food.

Weather

Weather in the Andean highlands is similar to any mountain weather -- hard to predict and often variable throughout the day! However, August is the dry season and average temperatures are high 60's and low 70's Fahrenheit during the day, with overnight lows

in the 50's F. The sun often feels more intense at the high elevations of our trip destinations, so sunscreen and a sun hat are recommended. We'll provide you with a suggested packing list that will give you a good range of adaptability to the mountain climate.

Accommodations

Our lodging is selected to have high Covid-19 standards, be clean, comfortable, locally owned, and congruent with the down-to-earth nature of the country. Our plan is to stay at the following locations. It is possible that these may change, depending on availability:

- o Pisac: Pisac Inn
- o Ollantaytambo: Apu Lodge
- o Machu Picchu Pueblo/Aguas Calientes: TierraViva
- o Cusco: Casa San Blas www.casasanblas.com

What to Bring

We'll send a list of suggested clothing after you register. No need for fancy clothes- just comfortable ones and good walking shoes.

Remember that you will need a current passport and proof of Covid vaccination (Note Passports are taking longer to receive than they have in the past)

Please feel free to contact either of us by phone or email if you have any questions!

YOUR GUIDING TEAM -- PAGE and BRENDA

Page and Brenda will work together as your leaders and we each have a different role. Page will weave the art of writing and aspects of the literary and feminine culture of Peru (both Quechua and Spanish) into the trip, offering guidance in how to creatively capture our experience in words during our creative time. Brenda will take care of logistics and provide guidance and personal support as needed, arrange pre-trip logistics and answer your pre-trip questions. On many days, local bi-lingual guides will provide the knowledge and perspective unique to native Peruvians. Our shared intention is to provide as many options as possible to accommodate the group's interests and individual needs.

Page Lambert's writing is found inside monumental sculptures at the Denver Art Museum, online at *Huffington Post*, and in dozens of anthologies about the West. Nominated for two Pushcart Prizes, she designs and teaches graduate writing courses for the University of Denver's professional creative writing program. Recently published works include poems "Reclamation" (Summer/Winter 2020, *Langscape Magazine/Terralingua*), "Alone at Pranzo's" (Summer 2020, *Ocotillo Review/Kallisto Gaia Press*), essays "Not for Sale" (*Langscape Magazine*, 2018), "The Rural West" (*The Light Shines from the West*, Fulcrum Books, 2018), and "Deerstalking" (*Memoir Magazine*, Guns and People Issue, 2018).

Author of the memoir *In Search of Kinship* (Fulcrum Publishing), hailed by the *Rocky Mountain News* when it was released as one of the summer's hottest reads, and the novel *Shifting Stars* (a Mountains and Plains Book Award finalist) by Tor/Forge Publishing, her essays and poems are

found in dozens of anthologies, including the Willa award-winning *Writing Down the River*, and *West of 98: Living and Writing the American West*. Other awards include two Fellowships for Literary Excellence from the Wyoming Arts Council, “Best Essay of the Year Award” from the Colorado Authors’ League; and the Orlando Nonfiction Award from A Room of Her Own Foundation, and the 2015 Writer’s Studio Best Fiction Award.

Page has been leading outdoor adventures and writing workshops for twenty-four years, sometimes working in partnership with organizations such as True Nature Journeys, The Women’s Wilderness Institute, the Grand Canyon Field Institute, and the Aspen Writers’ Foundation. In 2006, Oprah’s O magazine featured her River Writing Journeys for Women with Sheri Griffith Expeditions as “One of the top six, great all-girl getaways of the year.”

Co-founder of Women Writing the West, Page is a member of the International League of Conservation Writers, an advisor for the Rocky Mountain Land Library, and a senior associate with the Children & Nature Network. She writes the blog *All Things Literary/All Things Natural* from her Colorado home in the mountains west of Denver. www.pagelambert.com

Brenda Porter is passionate about creating opportunities for people to connect with nature and cultures throughout the world, especially in Peru. She has led treks in the Andes and groups in Machu Picchu multiple times. Brenda learned Spanish as a Peace Corps volunteer in Honduras, when she lived in a rural village, working in women’s community development. For many years, she has supported the inspiring work of the nonprofit, Peruvian Hearts, based in Cusco, Peru.

She has guided adventure travel trips and taught outdoor skills courses for several companies and nonprofits, including REI, Adventures in Good Company and True Nature Journeys. Brenda has guided groups to Everest Base Camp and Kilimanjaro, as well as led countless hiking trips in North America, Europe, and South America. Currently, she teaches outdoor watercolor classes for REI and volunteers to lead “Hike and Sketch” outings for open space parks.

Brenda’s love of world travel and cultures began with a Girl Scout cultural exchange in India when she was in high school. Her formal education includes a B.S in Biology Education and a Masters in Nonprofit Management.

Brenda is an avid reader, journaler, naturalist, watercolor artist, and gardener. She lives in a co-housing community in Golden, CO with her wife and Kali, the golden retriever. Her website is www.brendaclairecreative.com