



We invite you to retrace the mythic journey of emergence and power of Shamans, kings, Mystics, Sages from Machupicchu the City of Light of the Inka to Lake Titikaka the ocean in the skies. They say the first children of light emerged at the celebrated Pakarina of Titikaka and journeyed to the navel of the world Qosqo (Cusco) and embraced their becoming at Machupicchu. Join us and a select group of medicine people to revisit the path of initiation and empowerment. Discover the mystery and gifts of this country at a level most people only dare to dream. This journey is more than a sight-seeing excursion, join us!



The Mythic Journey of Origin of the Inka From Machu Picchu to Lake Titikaka

We fly high above the Andes Mountains and land in Cusco, the old capital of the legendary Inka Empire. The Jaguar city of Cusco is one of the oldest dwellings in the Americas. Timeless temples and palaces stand as living legacy of the magnificent mixture of Inka and Spanish architecture. We visit the temple fortress of Sacsaywaman, the head of the jaguar, and participate in ceremonies as we connect with the organizing energies of the Andes. We retrace the footsteps of Inka wizards who have mastered the ways of the land and the skies in old Mt altars. An entourage of Medicine People lead us in meditations and ceremonies and they share their rich cosmology of personal power and healing. We travel to the Sacred Valley, surrounded by 6,000m towering glaciers, and explore the many sacred sites along the Holy Urubamba River that later becomes the Amazon. We visit the Temple of the Winds at Ollantaytambo and its timeless village with street water aqueducts still flowing as it did 500 years ago.

Medicine people believe that one's identity of power in the landscape of life is sourcing from our fulfilled state as collective individuals. Our collective and individual becoming should inform our daily lives and not the memories of who we have been. We visit the Temple of the Visionary at Pisaq to reenact the journey into our own becoming as we meditate, embraced by incredible vistas. The archetypal energy of this site allows us to tap into the visionary within. It is said that comprehending the Kausay Pacha (the life force of the land we source from), is embracing our love, our potential, and ultimately our transcendence.

In Machupicchu, the most prized indigenous sacred site and the most enigmatic for westerners, a leading expert accompany us in an experiential journey through talks and meditations. The breathtaking vistas of the Vilcabamba range and the unsurpassed stone work make this site truly spectacular.

At Lake Titikaka, the mythical birthplace of the Inka, we visit the floating reed islands of the Uru people whose myth of origin points to the stars. Taquile and Amantani are two of the most picturesque and colorful islands in the lake. Their traditions and costumes have scarcely changed since Inka times. The Andean principle of reciprocity and balance: Ayni is one of the guiding principles of society and the interface with Mother Nature. We visit stunning pre-columbian sacred sites on the shores of the lake as we enjoy the myths, traditions, and way of life of the people of the lake. For two nights we are guests at the simple but warm homes of the islanders. We spend time with the locals, learning their rich traditions surrounded by magnificent vistas of the lake. Master shamans will visit and share their cosmology and traditions. Ritual, talks, and healing ceremonies are central to our journey.

ITINERARY

Day 1 FRANCE/LIMA

Late evening arrival in Lima, Peru. You may choose to transfer to a nearby Hotel for a few hours of rest (on your own). If you arrive early in the morning, it is preferable to stay at the airport and immediately transfer to a Cusco bound flight. Most international flights arrive in the evening or early morning in Lima.

Day 2 LIMA/CUSCO/SACRED VALLEY (Maras)

Morning flight to Cusco, the old capital of the Inka Empire. Once we pick you up at the airport, we go for a brief city sightseeing, later our bus takes us to the village of Maras above the Sacred Valley away from the bustling of Cusco. The drive is filled with breathtaking views of the Urubamba mountain range and sleepy villages along the road. Our lodge is perched on a mountain side overlooking the Urubamba River valley. Late afternoon orientation and opening ceremonies. (L, D)

Day 3 SACRED VALLEY (Maras)

We drive upstream the Urubamba and visit one of the most prized archeological sites in the Sacred Valley: Pisaq or the Temple of the Visionary. Gravity defying terraces, unchanged Inka walls, notable for the precision of the stone fittings and trapezoidal patterns surround the sacred site. We follow an ancient royal trail along the crest of the mountain and arrive into the Hitching Post of the Sun. Talks and ritual are part of our visit. After lunch, we feast our senses in the colors and bargains at the indian market nearby. Once at the lodge, we participate in a Healing Fire Ceremony. (B, L, D)



Day 4 SACRED VALLEY (Maras)

Morning visit to the archeological complex of Chinchero. The Indian village is filled with sacred shrines, stunning temples, ample terracing, and breathtaking views. We walk along a massive complex of terraces depicting a step pyramid perched on the mountain side. Many rocky outcrops protruding all over symbolize the backdrop silhouettes of holy mountains or Apus. We sit in one of the sacred rocks for meditations and ceremony. After lunch, at our conference room, we sit in ceremony with the local medicine people. (B,L,D)

Day 5 SACRED VALLEY (Maras) Today we visit the Temple of Pachamama at Moray. The big concentric circles embedded in the highland topography as a series of round amphitheaters host unique vortexes of energy. This mythic belly of the Andean Mother Pachamama is highly regarded as a place to tune one's medicine body with the ways of the land. After lunch, we hike to the ancient Salt Mines of the Maras people. There are well over 2,000 evaporating salt pools that local inhabitants have been working across many generations since Incan times. Night time Fire Ceremony. (B,L,D)

Day 6 SACRED VALLEY/MACHUPICCHU Early bus ride to the train station at Ollantaytambo to catch the train to the city of light of the Inkas. Once we arrive in the village of Aguas Calientes, we check into our hotel and after a quick lunch we board buses to the fabled city and spend the afternoon sightseeing. We are guided by an expert historian as we visit the different temples, palaces, and sections of the city. Exuberant orchids, semitropical vegetation, low clouds give Machu Picchu an aura of enigma and mystery. Free evening in the colorful village abundant with shops and restaurants. While in Machu Picchu Dinner is on your own. (B, Box Lunch)

Day 7 MACHU PICCHU/SACRED VALLEY (Maras) We return early in the morning to the Ollantaytambo train station and visit the temple fortress of Ollantaytambo. The commanding site stands above the village and displays an amazing array of gigantic blocks of polished stone. Even more puzzling is knowing that the quarries were located across the valley half way up in the opposite mountain. With no doubt, this is one of the finest examples of Inka architecture as it displays beautiful cascading terraces, temples, palaces, double jamb doors, etc. Lunch on your own in the village. Later, we go for a walk through the aqueduct lined streets still bearing its ancient urban planning. Late afternoon return to our lodge (B, D)

Day 8 SACRED VALLEY (Maras)

Full day visit to Quillarumiyok, the temple to the Moon Goddess. The site is filled with terraces, big sacred boulders dedicated to fertility, and a crook like geography with a mountain stream running through. In the back lies a Pakarina or the Goddess Temple where we work along medicine people who will lead us in rebirthing ceremonies. We have a picnic lunch and later in the afternoon we return to our lodge. (B, Picnic L, D)

Day 9 SACRED VALLEY (Maras)/CUSCO

We pack our belonging and drive to Cusco. We visit the first temple of the sun Sacsaywaman, above the city. The site is enshrouded in mystery and this megalithic construction has challenged everyone. Theories and legends abound about its purpose and origin. For medicine people the three gigantic tiers that make up the complex, represents the Lightning God Illapa in charge of fertility and continuity. For others, it represent the furrowed head of the jaguar. We have a typical lunch at a local restaurant overlooking the city. In the afternoon, you are free to explore the city and optional visits to different museums and archeological sites. Late in the afternoon, we check into a hotel in Cusco. Dinner on your own (B, L)

Day 10 CUSCO/PUNO

Full day bus ride through colorful villages and beautiful scenery. We stop at the massive temple of Wiracocha. The site is regarded as one of the stopping places for many heroes and demigods in the myths of origin of Andean people. We have a picnic lunch on the road and drive up to the Kollao Plateau where Lake Titikaka sits. Overnight in Puno on the shores of the mythical lake. Once settled in a downtown comfortable hotel, we are free to stroll the main areas of the city. Dinner on your own (B, Picnic L,)

Day 11 PUNO/ISLANDS

Boat ride across the limpid waters of Lake Titikaka to the island of Amantani. Along the way, we stop at the legendary Uru floating reed islands. Although, they are practically extinct as people, they are considered one of the oldest races in the world with no genetic similarities with other people in the Andes. Their myth of origins points to the stars as their place of origin. Amantani is the biggest island on the lake and the most beautiful of all. We take an afternoon hike to the ceremonial peak: Pachatata for meditation and observation of sunset over the lake. In the evening, we are guests to warm island hospitality and spend the night in their rustic humble homes. (B, L, D)

Day 12 ISLANDS



We have a full day with the local medicine people visiting the many sacred sites participating in ceremonies, exploring their traditions, and observing their practice of right relationship with the land. We hike to the top of the island, the ceremonial peak of Pachamama. We overnight with our island families. (B, L, D)

Day13 ISLANDS/PUNO

We return from the Island of Amantani to Puno at noon for lunch. We spend the afternoon exploring the ancient burial towers at Cutimbo for meditations and closing ceremonies with medicine people). We return late in the afternoon to Puno and enjoy the remaining of the day. Dinner on your own. (B, L,)

Day 14 PUNO/JULIACA/LIMA/USA-EUROPE

Morning free for packing and last minute shopping. Noon departure from Juliaca (near Puno) and catch a flight to Lima to connect to your Europe bound flight. Most outbound flights to Lima take place in the afternoon and evening. (B)

B = Breakfast, L = Lunch, D = Dinner.

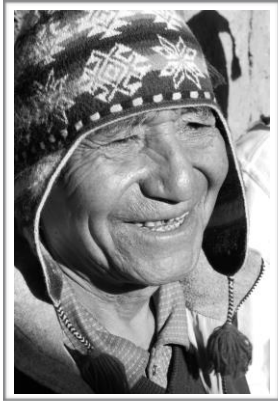
LAND COST : 3,545 EUROS

INCLUSIONS:

- Transportation throughout by private motor coach.
- All Hotel accommodations based on double or triple occupancy.

The Rainbow Jaguar Institute

- Meals as detailed in itinerary.
- All airport group transfers and baggage handling.
- All entrance fees to archeological sites as outlined in program.



- Activities including talks and ceremonies by renowned Medicine People.
- Services of Rainbow Jaguar tour leader and staff.
- Local and return flight reconfirmation, airport check-in, luggage assistance.

EXCLUSIONS:

- Meals not specified in the detailed itinerary of the tour.
 - US domestic, International or flights within Peru.
 - Airport departure taxes within Peru.
 - Transfers for **independent** arrival or departure.
 - Optional gratuities.
 - Additional hotel nights made necessary by airline schedule changes or other factors.
- Traveler's insurance.
 - Cost of medical immunizations (if any).
 - Items of a personal nature (liquor, laundry, toiletries, phone calls, etc.)
 - **Single supplement charge, if requested. (495 Euros extra)**

Journey Leader

Jose Luis Herrera, a Peruvian native, was born into the 10,000 year old tradition of mountain and jungle wizards and mystics. During the last 27 years he has traveled extensively studying the different medicine traditions of the Americas with particular interest in his native Andes and Amazon. He's a trained naturalist, explorer, and mountain guide. While he was formally educated in Engineering and Systems Sciences, his close connection with the Apus (mountain spirits) led him to climb many mountains in Peru and Bolivia. The extensive baggage of expeditions, studies, and experiences have made him one of the foremost experts in Peru. He's the Chairman of the Andean Research Institute, a foundation dedicated to the preservation of Indigenous Knowledge and Ecology of the Rainforest. Jose Luis is highly respected and a recognized steward and teacher of indigenous knowledge and healing technologies. He's the director of the Rainbow Jaguar Institute and teaches Cross Cultural Shamanism and Healing in the Americas and Europe. His prestigious shamanic healing school has mentored, trained, and empowered hundreds of individuals and shamanic practitioners.

TERMS AND CONDITIONS

A minimum of 15 participants is required. If trip is cancelled due to insufficient number of participants you will receive refund of your land costs. Reservations: All reservations are subject to availability. **A 1,350 EUROS non-refundable deposit is required to confirm your reservation. Final payment is due 45 days prior to the starting date of the program.** Persons with health or psychiatric problems may find this program physically or mentally trying. We recommend that in case of doubt, a physician or mental health professional be consulted.

Costs: All prices are per person, *double occupancy*. Single occupancy accommodation is available for an additional 495 Euros fee. **Cancellations & Refunds:** If you must cancel the journey, your paid monies will be refunded in full



less a 1,350 Euros cancellation fee if written cancellation is received **45 days** before the program departure. Thereafter, all refunds are limited to amounts recoverable from land operators. No refunds will be given for unused accommodations or services. **Insurance:** We strongly recommend participants purchase travel insurance in order to protect yourself in case extenuating circumstances force you to cancel your journey. Rainbow Jaguar LLC or its affiliates assume no liability whatsoever for damage, delay or loss of property. *Most companies require purchase of travel insurance within 2-3 weeks of booking your flight.* **Responsibilities:** Rainbow Jaguar LLC (RJ) reserves the

The Rainbow Jaguar Institute

right to accept or reject any participant at any time, and to make changes in the itinerary whenever deemed necessary for the comfort, convenience, and safety of the participants, and to cancel a program at anytime. In the event a program is canceled, RJ shall have no responsibility beyond the refund of monies paid to it by program participants as listed. By registering, the participant agrees that neither RJ nor its affiliates shall be liable for any damages, loss or expense occasioned by any act or omission by any supplier providing services to any program participant. While as accurate as possible at the time of printing, the program should not be considered an inflexible schedule of events, as it is subject to change due to circumstances beyond our control such as weather, festivities, strikes, etc. Participants are required to sign a Release Form before journey begins.

STRIPE, PAYPAL OR CREDIT CARD PAYMENTS If you pay via PayPal or Credit Card or Stripe, please add 50.00 Euros/ surcharge to the cost of the journey.

PERU EXPEDITION TRAVELING INFORMATION

FLIGHT You will be booking your own international flight to Lima, Peru and from Lima to Cusco. Plan your *return* flight to leave from Juliaca, Peru to Lima to your home. If you arrive before the starting date of our trip, you will be responsible for your own taxi transfers, hotel accommodations before the trip starts, and transportation to where ever the group is meeting..

Independent arrivals should notify us about your flight arrangements, so our Peru staff can help you with airport and hotel transfers. Lima is a big city and is the only entry point to Peru with connections to all Peruvian cities. While changing planes in Lima, you may choose to spend the night at a local hotel (on your own). Please plan your flight reservations accordingly. The Peruvian airline with offices in the U.S. is Lan Peru 1-800-735-5526

(www.latam.com) TACA Airlines also flies within Peru and their number is 800-535-8780 (www.grupotaca.com)

Purchase your tickets all the way to Cusco and return from Juliaca. You will have to stop in Lima, go through Customs/Immigration, and then board a plane to Cusco in the domestic concourse.

When flying out of Juliaca, book a flight that leaves in the afternoon/evening in order to spend less time in Lima.

PASSPORT A valid passport is required for entry into Peru, and a ninety day visa is given to US or European citizens automatically upon entry. Make a photocopy of the personal data page of your passport. Your copy of your passport is the easiest way to prove your identity if you were to lose your passport.

TRANSFERS Rainbow Jaguar staff people in Cusco will be facilitating all hotel/airport transfers for group arrivals as scheduled in Tour Itinerary. Earlier arrivals or arrivals not scheduled with our office in Peru are at their own risk. For individuals arriving early in Lima and wishing to rent a hotel, there are a couple of hotels at the airport: The Holiday Inn Lima Airport and the Wyndham Costa del Sol Hotel. Or if you have more time in between flights, the Miraflores area is fun to visit. There are many Taxi Booths right at the Airport exit door. Fares are usually \$25 US and no tips are expected. At arrival in Cusco our staff people will be waiting for you with a Rainbow Jaguar or your name placard outside the airport exit. Make sure your luggage has any distinctive label, colored yarn or ribbon for easy recognition at airports and hotels.

HEALTH This is a demanding trip physically. We will be hiking at elevations of 9,000 - 15,000 ft. The altitude will challenge our bodies and it will be important that your condition in general be good for your enjoyment of the journey. We suggest that you begin an exercise regimen through walks, aerobics, hikes, cycling, etc. Good physical condition is no guarantee against altitude sickness. Symptoms vary from dizziness, headaches, sleeplessness, lack of appetite, and shortness of breath, to the more severe and dangerous symptoms of high altitude pulmonary or cerebral edema. Anyone with a history of lung or heart disease, other serious medical problems, or a history of severe reactions at high altitudes should not undertake such a journey.

CLIMATE The high mountains where we will be traveling only have two seasons: rainy and dry. From April through September the Andean skies are blue with starry nights. Daytime temperatures fluctuate between 10-23 C and nighttime 0-14 degrees. Make sure you have enough warm layers.

DOCUMENTS A valid passport is required for entry into Peru, and a ninety day visa is given to US citizens automatically upon entry. You should carry a second form of photo ID, such as your driver's license, or a photocopy of the personal data page of your passport-if you lose your passport this is the easiest way to prove who you are. If

The Rainbow Jaguar Institute

you are traveling with a passport from a country other than the USA, please call the Peruvian Consulate nearest you and inquire about any visa requirements.

MONEY The Peruvian Sol has been stable for the past few years. The current exchange rate is roughly 3.5 Soles per 1 Euro. The best place to buy it is in Peru, either upon arrival at the airport, banks, or hotel. You should allocate Euros 25-30/day for food and beverage. You can also obtain money from ATMs located in most cities. Contact your bank *before* coming to the country to inform them that you will be traveling abroad and to make sure you have access to foreign ATMs.

MEDICAL No immunizations are required for travel in Peru. If you take any prescription medicines make sure to bring enough for your travels. Containers should be clearly labeled with prescription forms to avoid problems at customs. You are responsible for your own personal health. It is important that you let Rainbow Jaguar LLC know of any medical problems, allergies, etc. you may have. Rainbow Jaguar LLC (RJ) has the right to disqualify anyone at anytime during the trip if RJ feels it is medically necessary. Refunds are not normally given under such circumstances. Rainbow Jaguar assumes no liability regarding provision of medical care.