

Global Healing Traditions

University of Minnesota

In Association with the Amazon Center for Environmental Education and Research

May 25 - June 5, 2005

Day 1
May 25
Wednesday

USA/LIMA

Minneapolis to Lima via Miami
We will arrive in Lima around 9:45 pm and will be met by Peruvian Odyssey who will assist in our transfer to the hotel.
Overnight in Lima
Meals in flight

Day 2
May 26
Thursday

LIMA/PUERTO MALDONADO

After breakfast Peruvian Odyssey will take us to the airport where we will board the flight to Puerto Maldonado via Cusco; arrival approximately 12:30 pm. The group will be joined in Lima by Amazonian shaman, Don Antonio Montero Pisco who will accompany the group during its stay in the rainforest.

Greetings upon arrival in Puerto Maldonado by Inkaterra. Once in Puerto Maldonado we will travel by bus to visit the local market and its medicinal plants stands. Afterwards we will transfer to the boat for a 1 hour voyage along the Madre de Dios River to Reserva Amazonica Lodge.

Once at the lodge we will enjoy lunch, get settled and then go on a brief introductory hike in Inkaterra's 10,000 ha rainforest reserve. After dinner there will be time for discussion or a night hike.

Overnight – Reserva Amazonica

B – Lima

L – Reserva Amazonica

D – Reserva Amazonica

Day 3
May 27
Friday

ACEER-TAMBOPATA AT INKATERRA (ATI)

Breakfast will be followed by a 45 minute boat ride to the Amazon Center for Environmental Education and Research. The ACEER is located on a 340-hectare private reserve adjacent to the Tambopata National Reserve and Lake Sandoval.

The day will be spent with shaman Don Antonio Montero, learning about the forest, healing aspects of medicinal plants and shamanic rituals while at the ACEER facilities (ATI).

At ATI we will visit the Interpretation Center. Here we will view a new exhibit: **Madre de Dios: River of Change** designed for ACEER by the National Geographic Society. Learning activities will take place along the ACEER's Useful Plants Trail, in main Jardín de Plantas Medicinales, and the Children's Rainforest Garden. The afternoon will culminate with Antonio who will perform a cleansing ritual for the group.

Overnight – Reserva Amazonica

B – Reserva Amazonica

L – ACEER – Box Lunch

D – Reserva Amazonica

Day 4
May 28
Saturday

LAKE SANDOVAL / RURAL FARM

After breakfast we travel by boat across the river to Lake Sandoval an oxbow lake known for its concentration of birds and butterflies, and home of the endangered giant river otter. Wildlife viewing will include a wide variety of birds, turtles, caimans and monkeys. The lake is surrounded on three sides by marsh palms. You will see that many macaws make their nests in the trunks of these trees, and the fruits are used to flavor ice cream. Time for a brief swim in the lake will be available. There will be opportunity to see the interconnectedness of life in the rainforest and even learn how some primates have learned self-medication techniques using medicinal plants.

After departing Lake Sandoval, we will visit a rural farm along the Madre de Dios River. The living quarters at the farm consist of the main house, kitchen and storage area, where the kitchen is separate from the house. Note the construction material of the house structure. Some of the produce grown on the farm are tomatoes, peppers, papaya, bananas, oranges, and coconut. Also, typical of local homesteads are family medicinal plant gardens.

During the return to Reserva Amazonica we'll visit a small tributary – Gamitana. This stream is approximately 30 minutes down river from Reserva Amazonica. Due to the narrowness of the stream channel this provides an excellent opportunity to experience wildlife and view the hydrodynamics of streams. Following dinner there will be an evening session focusing on Shamanic healing with Antonio Montero.

Overnight – Reserva Amazonica

B, L, D - Reserva Amazonica

Day 5
May 29
Sunday

INKATERRA RESERVE

Today will be dedicated to exploring the 10,000 hectare Inkaterra Reserve and visiting its Canopy Walkway. The Walkway is a 400 meter system of suspended bridges permitting a unique exploration of the forest canopy where the vast majority of all species live. The Reserve presents a diversity of habitats typical of riverine systems, and includes both mature secondary and pristine primary rainforest.

B, L, D - Reserva Amazonica

Day 6
May 30
Monday

PUERTO MALDONADO / CUSCO / SACRED VALLEY

Following breakfast a boat ride takes us back to Puerto Maldonado where we will board a bus to the airport for our flight to Cusco. We should arrive in Cusco around noon. Upon arrival, in this ancient Inca capital, our group is joined by our English-speaking Peruvian guide. We then depart by bus and descend from the city into the sacred and historic Urubamba Valley. We will see small town life in the Andes, have an opportunity to stop and meet some of the local people and learn about their traditions before continuing to our hotel in the Inca town of Yucay.

Overnight – Posada Yucay

B – Reserva Amazonica,

L – Box lunch on bus to Sacred Valley

D – Posada Yucay

Day 7
May 31
Tuesday

SACRED VALLEY

Explorations of the Sacred Valley, including unique Incan ruins, for an introduction to the traditional life of the Andean people. Included will be discussions of medicinal plants, ceremony, and midwifery. Opportunities may exist to meet local healers and participate in a traditional ceremony.

Dinner, relaxation.

Overnight – Posada Yucay

B – Posada Yucay,

L – Sacred Valley

D – Posada Yucay

Day 8
June 1
Wednesday

SACRED VALLEY TO MACHU PICCHU

After breakfast at Posada Yucay we will leave the hotel around 9:00am to board the train for the hour and a half ride to Aguas Calientes (Machu Picchu Village) at the footsteps of Machu Picchu. We will spend the day at Machu Picchu and begin to learn about the healing traditions of the Inca and their heirs at this site. Upon return from the ruins you will have the opportunity to visit Agua Calientes and its hot springs. Note: For an extra fee, you may participate in a traditional Native American sweat lodge ceremony. Reservations can be made at the hotel for tonight or tomorrow night.

Overnight – Pueblo Hotel

B – Posada Yucay

L – Machu Picchu – Sanctuary Lodge (buffet),

D- Pueblo hotel

Day 9
June 2
Thursday

MACHU PICCHU

Breakfast at hotel.

We will return to Machu Picchu to continue our exploration of the Citadel and its former residents, hiking to the Sun Gate or an optional climb to the top of the sacred mountain, Huayna Picchu. After lunch there will be free time to wander in the ruins on your own, visit the market in town, or return to the hotel.

Overnight - Pueblo Hotel

B – Pueblo hotel,

L – Machu Picchu – Sanctuary Lodge (buffet),

D – Pueblo hotel

Day 10
June 3
Friday

MANDOR FALLS/ORCHID WALK / CUSCO

Breakfast at the hotel.

We will spend the morning exploring the trails around the hotel: the Orchid trail, the spectacled bear conservation project, And, if time permits, the trail to Mandor Falls.

Lunch

Train to Cusco, arrive for dinner.

Overnight at Plaza De Armas

B – Pueblo Hotel,

L – Mikhuna Wasi Restaurant (Pueblo Hotel)

D – Dinner with Folkloric Show

Day 11
June 4
Saturday

CUSCO/LIMA

Breakfast, followed by brief visits to the sacred Incan sites around Cusco: Sacsayhuaman, Kenko, Puca Pucara and Tambomachay. We then transfer to the airport for our flight to Lima. We will arrive in Lima around 1:30. Peruvian Odyssey awaits us at the airport to transfer us to a hotel for day use and a farewell dinner. The group will then transfer to the airport for the connecting flight to the US.

B – Plaza De Armas,
L- Box Lunch
D – Farewell dinner in Lima.

Day 12
June 5
Sunday

RETURN TO US

Late morning arrival in US and connecting flight from Miami to the Twin Cities.