

Western Washington University sample itinerary

Day 1 Spend the day in flight to Lima. Upon your arrival, you will be welcomed by Crooked Trails' facilitator and brought to your Lima guesthouse in the heart of La Marina near the Ocean. Enjoy an evening of welcome drinks and introduction to program.

Day 2 After a traditional Peruvian breakfast prepared by our hosts at Mama Panchitas, we will take a short historical tour through the streets of Lima, visiting such sites as the catacombs of the famous San Francisco cathedral and the Plaza de Armas. We will have lunch in the newly renovated ocean overlook in the modern district of Miraflores. In the Afternoon, we will meet with PromPeru, Peru's governmental organization that is responsible for promoting Peru as a travel destination to the world. Here we will learn about the tourist industry in Peru. In the late evening, we will board the traditional High Andes Mountain bus on an overnight trip to Huaraz in the Cordillera Blanca (White Mountains). **B**

Day 3 Upon arrival to Huaraz, we will be met by our guesthouse hosts and share a big breakfast with our NGO partners from the Mountain Institute. The Mountain Institute focuses its work in world's most remote mountain areas, including the highest, longest and oldest mountain ranges on the planet. They believe that places and the people who live there shape our lives. Their work is with mountain people, people whose knowledge, respect and love of their places makes them truly native to their environment. After breakfast, the director of the Andes program will talk about their work with native communities and new community based tourism projects in the area. In the afternoon, we will travel for one hour to the native village of Huaripampa to visit one of their projects. Huaripampa is a small village high in the Andes of Peru where women weavers are learning skills to make themselves self-sufficient and changing the tapestry of their family economics. The Huaripampa Weavers Guild intends to establish a textile museum in Huaraz where women can demonstrate their weaving techniques and sell their products to tourist. We will explore the concepts of how tourism can help sustain tradition. In the late afternoon we will return to Huaraz, have dinner and then share an evening together listening to traditional music at El Tambo. **B**

Day 4-5 Giving Leadership to Ideas: In the Mountain Institute's point of view moving Peru toward a path of prosperity, equity, and social and environmental sustainability requires both real leadership and entrepreneurial spirit that neither the State nor political parties, are able to provide. And while many civil society groups are dynamic, they are considered to be too weak and ephemeral to assume this challenge. Beginning with their initial attempts to get indigenous communities to

adopt a more proactive stance in the country's economic and development process, the Mountain Institute works with native communities to develop projects that help to sustain indigenous communities. For the next three days, we will visit one of the Mountain Institutes Community based Tourism Projects. We will do an overnight home stay in the village with Quechua host families. The people of Vicos have had little to no interaction with outsiders and have maintained their traditional customs as well as their language, Quechua. However, the popularity of the region for alpine climbing and its close proximity to Huascarán National Park are bringing change to the area. In an attempt to create locally organized and operated sustainable tourism, the people of Vicos are interested in setting up their own community based eco-tourism programs and we have been invited to assist them. On our second day in the village, we will visit local artisans, farmers, beekeepers and medicine men and discuss the eco-tourism projects with them. On our final day, we will hike to a high alpine lake in Huascarán National Park. After the days hike, we will celebrate with our hosts in a traditional Inca feast of PachaManca drinking and dancing and in a farewell ceremony before returning to Huaraz for dinner and reflection. **B, L, D**

Day 6 A day to relax, do your laundry, explore Huaraz or join a local climbing expert for an afternoon of rock climbing. Optional activities can be arranged for those in Overnight bus to Lima.

Day 7 Today we will fly to Puerto Maldonado deep in the Southern Peruvian Amazon. Puerto Maldonado is situated at the confluence of the mighty Madre de Dios and Tambopata Rivers and is a bustling, booming tropical frontier town. Its principal activities are gold mining, Brazil nut collecting, timber extraction, agriculture and ecotourism. After a brief survey of the town we will drive thirty minutes to the Tambopata river port in the community of Infierno. We will board our boats for a one hour trip by canoe to Posada Amazonas. Depending on the arrival time of the plane we will have a boxed lunch aboard the boats or have lunch upon arrival at Posada Amazonas. During our voyage we may see bird species typical of the river or forest edge such as: Black Skimmer, Pied Lapwing, Capped Heron, Jabiru Stork, Roadside Hawk, and several species of kingfishers, swallows and flycatchers. When we arrive at Posada Amazonas we will unpack and unwind. Posada Amazonas is a comfortable yet unobtrusive 30 room lodge owned jointly by Rainforest Expeditions and the Local Community of Infierno. We will receive a short orientation and a complete briefing on the lodge and the Ecotourism Project before our afternoon activity: the canopy tower. In this activity, we will visit a 35 meter scaffolding tower that is 15 minutes walking from the lodge. The scaffolding tower is built so that you safely climb using the internal staircase with verandahs on each side, and rest in platforms present every 2 meters. From the top you not only get spectacular views of the river and the

surrounding forest but also excellent opportunities to observe birds from the canopy including parrots, toucans and macaws. A video about the forest of Tambopata will be displayed after dinner. **B, L, D**

Day 8

Today we will spend our time in Inferno with the Ese'ejá community learning about their work in tourism. The Ese'ejá ethnic group belongs to the Tacana language family, and has traditionally inhabited the Tambopata, Heath, Beni and Madidi river basins in Perú and Bolivia. Presently, the Ese'ejá Community of Infierno, on the Tambopata River has around 400 members. Ese'ejá means, in their tongue, "true people", or "paisano". The Ese'ejá are superb river navigators, who traditionally shifted their settlements along the banks of the rivers in their territory, managing to travel up to the headwaters. Thus, Ese'ejás spread the intensity of resource use throughout a territory of millions of hectares, without permanently affecting any particular site: a sustainable use of forest resources. Many Ese'ejás as well as the migrants and the mestizos of Infierno, perceive tourism as a way to generate much needed income without further depleting their diminished resource base. Some also see it as a means to revitalize traditions and crafts that are being lost among the new generations. Through tourism, Ese'ejá craftsmanship, will gain new value. Tourism is a new activity at Infierno, although it is not entirely foreign: for the past 25 years, tourists visiting other lodges in Tambopata have cruised in front of their homes almost every day of the year.

Day 9

Guided by our local Ese'ejá tribal elders, will visit the Tres Chimbadas oxbow lake. After an early breakfast we depart, fifteen minutes from Posada Amazonas by boat and a 30 minute walk take us to the lake shore. From here we take a long, easy canoe ride around it. We will look for giant river otters, turtles, hoatzin, and wading birds. The giant river otters that are seen in Tres Chimbadas belong to a resident family of nine. On day two we will hike the 1.5-mile Ocelot Trail, a trail that exemplifies the quintessential rainforest. Although at this time of day mammals and birds are not as active as in the early morning, we will concentrate on the forest itself and discuss general rain forest ecology. This forest, which is estimated to be 200 to 300 years old and includes truly huge Ceiba trees and Strangler figs is home to several mammals that are occasionally encountered: Saddleback tamarins, Squirrel and Brown Capuchin Monkeys and Collared peccary. This trail is the one which most often sports ocelot, puma and jaguar tracks, although any one of these three large cats is extremely difficult to spot. We will return to TRC for lunch and then fly back to Cuzco in the late afternoon. Final evening in Cuzco for reflection of past two tourism projects. **B, L, D**

Day 10

Early morning flight to Cusco. Today we will explore Cuzco, the ancient Inca capital of Peru. Check into guesthouse and try the Peruvian

traditional coca tea. Afternoon walking tour of the imperial city of the Incas to the ancient monuments of Qorikancha, the temple of the Sun; the fine Inca walls of Calle Loreto, once again bearing its original Quechua name of Inti Q'ijllo; the Ajlla Wasi, the House of the Virgins of the Sun; the Stone of Twelve Angles; and the Huacaypata (Leisure Square), more commonly referred to by its Spanish name of the Plaza de Armas. Late Afternoon gathering for an introduction to traditional tourism in Peru. Evening dinner at a Peruvian pizzeria while listening to traditional Inca music played by our friends from Amu. Optional evening out to explore Cuzco's famous nightlife and music scene. **B**

Day 11-12 In Peru, many indigenous communities are facing environmental, cultural, social and economic impacts of tourism. As their own societies struggle to stay individual and to resist marketing, they also face issues of inability to protect themselves against Western consumerism. As Western consumerism pushes into remote areas, critics of globalization worry that it will raze non-Western cultures and create what one critic calls "McWorld," which looks and acts alarmingly like a bland American suburb. That compelling image - globalization as cultural bulldozer - has recently fueled protests around the world. In reality, the picture is more complicated and surprising. It is indeed changing cultures, often in unexpected ways and with sometimes hopeful results. For the next two days we will meet with several indigenous communities to address these issues and to look at what they are doing to protect their culture. We will explore some state of the art ecotourism programs developed by local communities and non governmental organizations. With the help of staff from local NGO's we will travel through the Sacred Valley of the Incas to indigenous communities to discuss the impacts of tourism they have seen from globalization and introduction to new consumer goods. **B, L**

Day 13 A look at conventional tourism in Peru. Following the footsteps of the Inca, we will hike the Royal Inca Trail to Machu Picchu. This route is believed to be the ceremonial path that the Inca ruling caste used for ritual purification before entering the sacred site of Machu Picchu. The trail is a magnificent hike from the Choquesuysuy ruins, through an amazing cloud forest to Quetzal Falls, to the watch tower of Winayhuayna ruins. In the afternoon we will climb to Intipunku (Gate of the Sun), the ancient entrance to the sanctuary and arrive in the late afternoon to see Machu Picchu for the first time. This ancient entrance to the sanctuary reveals a majestic panorama of the citadel below. When all the crowds have cleared, we will descend to Augas Calientes where we can enjoy an evening of soaking in the fabulous local hot springs. **B, L, D**

Day 14 We will spend the entire day exploring the ruins of Machu Picchu. Your private guide will explain the latest theories about this mysterious citadel. The word

"ruins" is misleading, as the site is actually in a remarkable state of preservation -- only the wood and palm-leaf roofs have decomposed over the centuries. Surprisingly, the Spaniards never discovered the sanctuary, and it remained unknown to the outside world until Hiram Bingham's expedition in 1911. Its discovery captured the world's imagination, and its allure has never diminished. In the afternoon you will have free time to explore the ruins on your own and to climb to the top of Wuyanu Picchu and the Temple of the Moon before returning to Aguas Calientes to take the train back to Cuzco. Evening free time in Cuzco. **B**

Day 15 Early morning flight to Lima and afternoon bus to San Ramon in the central high jungle. Stay in hotel in San Ramon. **B**

Day 16-20 **Pampa Hermosa Tourism Management Plan Project.** We will spend the next five days exploring this newly formed reserve in the days and meeting with Peruvian University students, Tunky Conservation (A Peruvian NGO) and others to develop a tourism management plan for this national reserve. We will be focusing on the concepts of community based tourism and therefore working with local community members to incorporate them into the plan.

Day 21 Travel back to Lima. Final celebration dinner together. Late flight home