



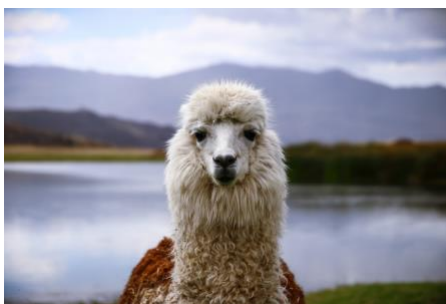
Manifest Your DREAMS in Machu Picchu With Dr Mark Vierra April 18 – 26, 2024



Travel to one of the Seven Wonders of the World, Machu Picchu, with Dr Mark Vierra on a journey through the mystical land of Peru. Experience some of the most powerful places on the planet: Machu Picchu, the Sacred Valley, Sacsayhuaman, Ollantaytambo, and more. Beyond visiting many amazing sites, you will learn about Incan spirituality and ancient civilizations, participate in sacred ceremonies, meet the locals, shop colorful markets, indulge in fabulous Peruvian cuisine, pet a llama or an alpaca, and group spiritual practice!

Set your intention now for this priceless experience that includes 9 days & 8 nights of journeying to some of the most sacred, ancient places on the planet with like-minded people – including deep spiritual practice, rituals, and personal transformation.

Spirit Tours has close connections in Machu Picchu that enable us to be transported *very close* to the entrance of this sacred site. During our guided tour, we will be walking at a slow pace for over two hours. **You don't have to be in top physical shape for this tour**; however, we will be in high elevation and offer suggestions to ensure that you acclimate and can fully enjoy all that this priceless tour has to offer.



SUMMARY OF ITINERARY for April 18 - 26, 2024

Day 1, Thurs, April 18: Arrive in Cusco via Lima Peru / Welcome Dinner



Arrive at Cusco Airport via Lima, Peru. It is an hour-long flight from Lima to Cusco, Peru with magnificent views of the Andes. This is the beginning of the magic you'll experience during your journey. Upon arrival in Cusco, you'll be assisted at the airport and transferred to our hotel, the [Casa Andina Premium Cusco](#). You'll have time to acclimate to the altitude and there is much to see in Cusco. You can choose to take a short walk to Plaza de Armas, the center of Cusco. Cusco is a city in the Peruvian Andes and once the capital of the Inca Empire. It is now known for its archaeological remains and Spanish colonial architecture.



Meal Included: None

Day 2, Fri, April 19: Opening Circle / Meditation / Sacsayhuaman Ruins / Cathedral in Plaza de Armas

We have an opening circle to get to know one another, connect, and set personal intentions for this pilgrimage. We left our daily lives behind to immerse ourselves in this spiritual pilgrimage that brings peace and transformation to every participant.

Following our group time, we'll have breakfast and then visit the ruins of Sacsayhuaman up above the hills of Cusco. Admire the magnificence of this ancestral site and connect with the living elements it offers.



After lunch, which is included, we visit the Cathedral in the Plaza de Armas. Hundreds of stones were extracted from Sacsayhuaman to build this cathedral. We celebrate the beginning of our mystical journey with a Welcome Dinner.

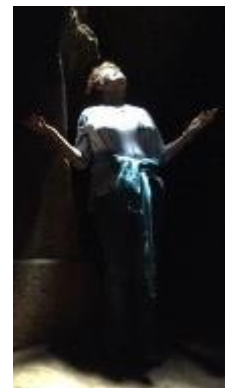
Meals Included: Breakfast, Lunch, and Dinner

Day 3, Sat, April 20: Shaman Ritual / Temple of the Moon, Amaru Machay



After breakfast, we return to the sacred hills above Sacsayhuaman to experience an Incan Shaman where he creates a ritual and offering to Pachamama, mother earth. After a post ceremony snack, we will hike to the temple of the moon, Amaru Machay, located inside Sacsayhuaman archaeological park where we will visit an altar in a cave. In the afternoon, you have free time to rest, shop, visit a spa, or local museum.

Meal Included: Breakfast



Day 4, Sun, April 21: Sacred Valley / Chinchero / Quechua Archaeological Site / Maras Salt Ponds

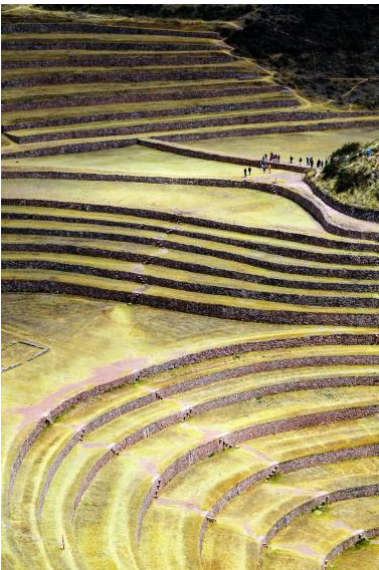
We begin this day with spiritual practice followed by breakfast. Afterwards, we descend into the Sacred Valley to visit Chinchero, a town in the Sacred Valley.



Discover the traditional methods of weaving and dyeing wool. We take time to witness local weavers demonstrate traditional weaving styles and techniques at the weaving center. Everywhere you go in the region, you'll see some version of these textiles in the form of sweaters, hats, mittens, blankets, tote bags, etc. Consider picking up an item or two for your journey; you'll be cozy in your soft, warm alpaca wool on cool mornings and nights along our journey.



Lunch is in the Sacred Valley, after which we visit Moray, an archaeological site containing unusual Inca ruins consisting of enormous circular terraces, the largest of which is about 98 ft deep. The purpose of these depressions continues to be uncertain, but their depth and orientation with respect to wind and sun creates a temperature difference, at the bottom from the top, as much as 27°F.



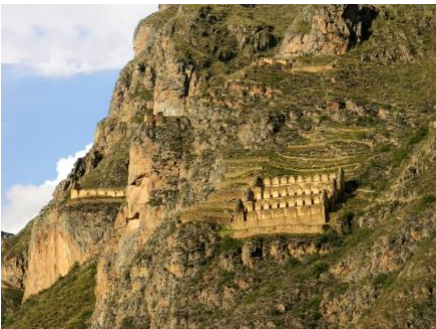
Next on our itinerary is Maras, known for its incredible salt evaporation ponds. Since pre-Inca times, salt has been obtained in Maras by evaporating salty water from a local subterranean stream. The salty water emerges and is directed into an intricate system of constructed channels, so the salty water gathers in several hundred ancient, terraced salt ponds.



We check-in to [Casa Andina Premium Valle Sagrado Hotel & Villas](#) and have dinner.

Meals Included: Breakfast, Lunch, and Dinner

Day 5, Mon, April 22: Ollantaytambo / Train Ride to Machu Picchu / Aguas Calientes



Today begins with spiritual practice, followed by breakfast and a sacred trip to Ollantaytambo. This ancient site includes sumptuous constructions, extensive terraces, irrigation and is thought to have been home to Inca nobility. It is one of the remarkable archaeological sites of the Inca empire with functioning aqueducts and ancient burial grounds.

You then get to go on an incredible train ride to Machu Picchu. Machu Picchu lay hidden from the world for such a long time because its location is remote and inaccessible. The nearest town is Aguas Calientes, which is in the valley beside the Sacred River (Vilcanota/Urubamba River). There are no roads connecting Aguas Calientes to the outside world, so you get to take a spectacular train along the Sacred River and enjoy gorgeous views of the Andes Mountains. We have

lunch together and then plenty of time to relax and explore Aguas Caliente - its handicraft market, restaurants, and shops. We also check-in to the 5-star, exquisite and magical [Inkaterra Machu Picchu Pueblo Hotel](#).

Meal Included: Breakfast and Lunch

Day 6, Tues, April 23: Machu Picchu

Machu Picchu is a 20-minute bus ride to climb the narrow, steep, zigzagging dirt track that connects the two. We rise early, and after breakfast, take the bus transfer to Machu Picchu. The day begins with a guided tour from 7:30 - 10:00am after which you are free to explore the ruins. The ruins are usually shrouded in mist in the morning and the sun comes out in the early afternoon. Photos do not do justice to the awe and inspiration you'll feel as your spirit merges with this iconic site.

We suggest you visit the Sun Gate, Inti Punku, situated high above the ruins and fairly easy to climb. The view from the Sun Gate is amazing, takes your breath away as you observe The Machu Picchu Mountain, the Sacred River, and Huayna Picchu Mountain.



The rest of the day is yours to explore the Machu Picchu area on your own.

Meals Included: Breakfast and Dinner

Day 7, Wed, April 24: Free Day (Machu Picchu, Aguas Calientes, Guided Birdwatching Walk/Orchids Excursion)



Please note Machu Picchu tickets *not* included on this day. Tickets must be reserved in advance.

Option: For more agile/athletic travelers, there is a difficult hike available. The climb to Huayna Picchu is restricted to 400 people per day in two groups of 200. The first group is allowed entrance between 7-8am and the second group is allowed entrance between 10-11am. There is an additional fee to climb Huayna Picchu and must be booked in advance. There are cables attached to the rock in many places to help the climber and there are places to step aside to catch your breath and enjoy the view. To reach the very top you must climb through a very narrow tunnel through the rock on your hands and knees. This 1.5-hour hike is very difficult and only for the very fit. The views from the top are breathtaking.

We end our time on this special day with a Farwell Dinner.

Meals Included: Breakfast and Dinner

Day 8, Thurs, April 25: Travel back to Cusco

Morning spiritual practice followed by breakfast at the hotel. We check out of our hotel in the morning and board the train to Ollantaytambo and transfer to Cusco to check into the [Novatel Cusco Hotel](#).

Day 9, Fri, April 26: Cusco then Home

We have our final group spiritual practice and connection time followed by breakfast. There is time for last minute shopping and exploration before we transfer to Cusco airport to fly to Lima and back home.

Meal Included: Breakfast



PRICING FOR 9-DAYS and 8-NIGHTS LAND PACKAGE:

Per person Double Occupancy: \$4,389

Single Supplement: \$1,150

There is a \$800 nonrefundable deposit required to reserve your spot as tours are limited to small groups.



WHAT'S INCLUDED IN THE LAND PACKAGE PRICING:

- Greeting and assistance to/from Cusco airport
- Private transfers from and to the airport / hotels
- Train and bus transport in Peru
- Entrance fees to all visits mentioned in the above itinerary
- 8 nights at luxury hotels or resorts
 - 3 nights at Casa Andina Premium Cusco April 18th – 20th
 - 1 night at Casa Andina Premium Valle Sagrado Hotel & Villas April 21st
 - 3 nights at Inkaterra Machu Picchu Pueblo Hotel April 22nd – 24th
 - 1 night at Novatel Cusco Hotel April 25th
- Daily breakfast at hotels
- Entrance fee for one day at Machu Picchu
- Dinners & Lunches as indicated
- Welcome Dinner and Farewell Dinner
- Daily tours with Incan Guide throughout trip
- Inca Shamanic Ritual
- All hotel taxes, service charges, and government sales tax
- Local Guide and Spirit Tours' tour coordinator services in Peru

WHAT'S EXCLUDED:

- International airline tickets
- Travel & Medical Insurance and other items of a personal nature

- Meals, drinks, and activities not specified in the itinerary along with tips, laundry, telephone calls, etc.

PAYMENT SCHEDULE AND CANCELLATION POLICY:

There is a \$800 nonrefundable deposit required to reserve your spot as tours are limited to small groups.

Additional \$1,200 due by October 15, 2023

Additional \$1,200 due by December 15, 2023

Remaining balance of total tour cost is due by February 15, 2024.

If cancelled outside of 90 days of tour date – full refund minus \$800 nonrefundable deposit

If cancelled between 89 and 61 days – 50% is refundable minus \$800 nonrefundable deposit

If cancelled within 60 days – No Refund

Itinerary is subject to change, if necessary, without notice.

Trip Insurance (Cancellation/Interruption/Medical) highly recommended and medical insurance required for all international tours. Assistance with insurance and airfare are available through Spirit Tours.

Note: Each traveler is responsible to adhere to local Pandemic Protocols, ie: wearing masks and social distancing where advised. It is the Traveler's responsibility to have all the necessary documents, tests, and vaccinations completed prior to departure. Improper required travel documentation is typically not covered by travel insurance. Spirit Tours/Agency/Agent not liable for errors and omissions of approved/paid itinerary and held harmless for unforeseen travel complications as of result of Pandemics and Quarantines.

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