



Peru

Andean Peaks & Sacred Traditions

August 13 - August 23, 2025

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/peru-aug-2025

Tour Overview

Duration:	11 days
Group Size:	8-12 people
Start Date:	August 13, 2025
End Date:	August 23, 2025
Arrival Airport:	Alejandro Velasco Astete Cusco Int Airport (CUZ)
Departure Airport:	Alejandro Velasco Astete Cusco Int Airport (CUZ)

Perhaps no destination offers such a mystical and colorful experience quite like the incredible Andean country of **Peru**!

This tour explores the **magical landscapes**, famous **Incan sites**, as well as the communities of the **Quechua people** who call this place home.

On this small group tour for women over 50, you'll experience **Cusco**, the heart and soul of the region, with its deep **Incan history** and reputation as the **center of Peruvian textiles and crafts**.

Moving on to the **Sacred Valley**, you'll spend time in quaint towns and villages, visiting **women's cooperatives and craft organizations** dedicated to preserving the wisdom and techniques of the indigenous population. There will be **hands-on workshops** focusing on alpaca wool knitting, weaving, and even **chocolate making**, as well as a **wonderful cooking class** and **ancient Incan healing therapies**.

No visit to Peru would be complete without an excursion to the **unbelievable ruins of Machu Picchu**! We'll spend a full day exploring this **New Wonder of the World** with our local guide, taking in the views and history of this spectacular location. We'll also find ourselves interacting with **artisans and villagers**, visiting galleries and museums, shopping for **handmade products at local markets** and even participating in a private **traditional ceremony led by an Andean shaman**.

If you're ready to explore the Andean region of Peru on a unique, locally-focused experience like no other, this tour is what you're looking for!

Tour Operator Information

This Peru tour is operated by Wandering Earl Tours, a trusted partner of Women Travel Tribe since 2019.

Daily Itinerary

Day 1: Cusco / Arrival Day

Included meals: Dinner

Arriving in the vibrant cultural city of Cusco, you'll be transported from the airport to our hotel located in the beautiful historic center. Our staff will be on hand to check you in and ensure you get situated. Once the entire group has arrived, we'll gather for a tour orientation in the evening and a delicious welcome dinner in the heart of town.

Day 2: Cusco

Included meals: Breakfast, Lunch

With so many colorful markets, galleries, cooperatives and intriguing neighborhoods to visit, we'll embark on a walking tour of this great city. From the historic Plaza de Armas and the colossal Fortress of Sacsayhuaman, to the Golden Temple of the Sun, you'll enjoy a thorough exploration of this attractive destination with our excellent guide. With a local lunch included and time to interact with all kinds of locals along the way, this is bound to be a fulfilling start to the trip! In the evening, we'll have a chance to enter the nearby planetarium to enjoy a couple of hours under the stars. We'll learn about the Incan civilization and how they were able to monitor seasons and predict weather without any instruments, solely relying on the Earth's position in the solar system.

Day 3: Cusco / Pisac / Ollantaytambo

Included meals: Breakfast, Lunch

Heading into the majestic Andean Mountains, our journey takes us to the heart of the Sacred Valley. Our first destination is Pisac, a town where Incan architecture and Colonial charm blend seamlessly. Strolling through town, we'll dive into its famous artisan market, bustling with jewelry and overflowing with ceramic and textile crafts. We'll also enjoy a lunch consisting of fresh, regional dishes. Later, we'll journey to Ollantaytambo, a historical town that stands as a testament to Incan ingenuity. We'll explore the archaeological site that served as a vital rest stop for imperial travelers, with its walls and towers narrating stories of the past. We'll wrap up the day gaining insight into the living art and traditions of the local communities.

Day 4: Ollantaytambo

Included meals: Breakfast, Lunch

Immersing ourselves in the rich traditions of the Quechua community, today we'll visit a local village in order to understand their celebrated weaving techniques and the vitality of their culture.

Our day begins with a warm greeting from the locals in an upper Andean community before we make our way to the cooperative. Here we'll witness the Andean tradition of weaving, from shearing wool from sheep or alpacas to creating vibrant dyes with local plants, right up to the weaving on the looms where the beautiful textiles come to life. You'll then have the chance to engage in a hands-on workshop, trying your hand at knitting your own bracelet. We'll finish up with a hearty homemade meal at a weaver's home, with some free time to explore and chat with the community members.

Day 5: Ollantaytambo / Chinchero / Maras / Moray / Yucay

Included meals: Breakfast, Dinner

Today we'll make our way to the village of Chinchero, renowned for its quality textiles and its lively Sunday market. This is where locals, dressed in their vivid traditional clothes, gather to trade everything from fresh produce to handmade goods. We'll wander among the stalls, pause to watch skilled weavers at their looms, and engage with the artisans, gaining insights into their crafts. Afterwards we'll move to the ancient Salt Pans of Maras. These pools have been a local source of salt since Incan times. We'll walk along the edges and watch the water evaporate slowly under the sun, leaving behind the glowing crystals that the locals harvest by hand. We'll then finish the day with a short visit to Moray, a stunning archaeological site which is testament to Incan ingenuity in agriculture, creating microclimates to grow crops, before driving to Yucay for the night.

Day 6: Yucay

Included meals: Breakfast, Dinner

This day will take us to the Traditional Textile Center, a place where the Andean legacy of textile craftsmanship is as alive as ever. Here we'll dive into the practices of weaving, an art form preserved through centuries, unfolding before us in a tapestry of colors, designs, and natural dyes. We'll learn the basic weaving techniques that have been passed down through countless generations. With yarns in hand, we'll tackle the backstrap loom, a time-honored tool, to begin creating our own patterns. Under the guidance of local artisans, we'll set up our loom and start weaving, bringing to life the charming patterns that characterize Andean textiles.

Day 7: Yucay / Machu Picchu / Yucay

Included meals: Breakfast, Lunch, Dinner

Leaving our hotel early in the morning, we'll catch a train for a gorgeous 2 hour train journey through the Sacred Valley, arriving in the small town of Aguas Calientes. Upon arrival, we'll take a bus up to the incredible Machu Picchu ruins where our guide will give us a tour of this fascinating 700 year old Incan site that is one of the New Wonders of the World. Our complete tour will ensure you make the most of your visit, leaving you in awe at the endless, surreal views and structures around you. After our tour is complete, we'll return to Aguas Calientes for a late

lunch before taking the train back to Yucay for a good night's rest at our comfortable hotel.

Day 8: Yucay / Urubamba / Lamay / Yucay

Included meals: Breakfast, Lunch, Dinner

Today's adventure begins at the Urubamba market, a bustling gathering place for farmers from across Cusco, where each stall showcases the wide variety of fresh ingredients that form the cornerstone of Peruvian cuisine, thanks to the region's diverse climates and elevations. From there, we'll continue to the lesser-known, charming village of Lamay to delve into the daily lives of Sacred Valley inhabitants. Wandering its welcoming streets, we'll get a glimpse of the village's historical depth. We'll also discover the local practice of guinea pig husbandry and stop by a traditional chichería to better understand the significance of this corn beer in the community and its presence in the lives of the farmers.

Day 9: Yucay / Cusco

Included meals: Breakfast, Lunch

Our morning will kick off with a 1.5-hour drive back to Cusco, taking us directly to the lively San Pedro market. Immersed in its colors and aromas, we'll join a private chef to select the freshest ingredients, while also taking the time to engage with the vendors, sharing in the rhythms of their daily life. Then, we'll make our way up to the chef's rooftop kitchen, located on the 11th-floor, where we will be guided through the preparation of some authentic Peruvian dishes, featuring staples such as quinoa, yellow peppers, and trout. Once our creations are complete, we'll sit down to savor our homemade meal, with the stunning cityscape of Cusco as our backdrop. Afterwards we'll check into our accommodation, leaving us with some free time to keep exploring the city at your own pace.

Day 10: Cusco

Included meals: Breakfast, Dinner

With our final full day in Peru, you'll have a chance to create your own experience. Options include spending time in town with one last wander through dreamy Cusco, re-energizing with a massage or treatment at our hotel's excellent spa, or a combination of both. In the evening, we'll take a short walk to one of Cusco's best eateries for our final dinner together.

Day 11: Cusco / Departure Day

Included meals: Breakfast

You'll be picked up at the hotel for your airport transfer according to your flight time.

Tour Inclusions

Included

- ✓ Small group (maximum 12 participants)
- ✓ Professional tour leader
- ✓ Accommodation (10 nights – 3*/4* hotels)
- ✓ Breakfast every day, 6 lunches and 6 dinners
- ✓ Transportation within Peru (private vans and train to Machu Picchu)
- ✓ Local English-speaking guides throughout the trip
- ✓ All activities, entrance fees and experiences mentioned in the itinerary
- ✓ Water throughout the trip
- ✓ Gratuities at hotels/included meals
- ✓ All airport transfers (Cusco)

Not Included

- ✗ Flights to/from Peru
- ✗ Passport/visa fees
- ✗ Meals and activities not mentioned
- ✗ Travel insurance (mandatory)

- ✗ Other gratuities

Pricing

Shared Room:	\$4,485
Single Room:	\$5,050
Deposit Required:	\$500

Accommodations

On this trip, you can always expect comfortable 3 *and* 4 accommodation where all rooms have private bathrooms. Whenever possible, we stay in smaller locally owned establishments. For this trip, there are a maximum of 8 single rooms available. These rooms will be offered on a first come-first served basis. The remainder of the rooms will

be shared. Solo travelers will be paired together, two travelers per room in two single beds.

Physical Demand

MODERATE

While the tour itself is not very strenuous overall, please note that it can involve the following: somewhat long days, walking tours in the cities, being outside in potentially cold and warm temperatures, a couple of long journeys, early morning wake-ups and other similar scenarios.

*Please note that this trip takes place at altitudes between 7,500 feet and 10,500 feet above sea level. While we spend our first 2 days in Cusco in order to adjust to the altitude before moving on to other destinations, it is important to consider the altitude when booking this trip. Also, in order to fully appreciate Machu Picchu, you can expect to walk around the site for up to 3 hours, with slight hills and many stone steps to climb in order to reach certain areas.

Ready to Book Your Adventure?

Women Travel Tribe

Email: team@womentraveltribe.com

Website: womentraveltribe.com

Tour Details: womentraveltribe.com/tours/peru-aug-2025

*Small group adventures designed specifically for women 50+
Experience the world with like-minded travelers!*