



### **Peru Study tour with Mallku**

***The Secrets of the Andes and their power places- heighten and enhance your spiritual connection with the ancient, present and future universe!***

### **HIGHLIGHTS OF THE STUDY TOUR– April 2005**

- The Lost City of the Incas – Machu Picchu
- The spectacular Sacred Valley (Inca heartland) and Cuzco temples
- The famous and mysterious secrets of Lake Titikaka
- Participate in healing ceremonies, rituals and shamanic processes with our Peruvian Shaman, Mallku



### **Introduction**

Our sacred journey to Peru is unique. Experience the warmth, genuineness and authenticity of the people and teacher/healers that you will meet. Travelling with our local teacher, author, community leader and Shaman, Mallku, this will be a truly unique experience. Roger Green, Feng Shui expert, and our local guides and shamans will create an unforgettable Magical Journey for you! Our tour has been co-ordinated by people who intimately know Peru-they know where to get off the beaten track- they know the rituals and ceremonies and the local people to make this tour an adventure of a LIFE TIME!



All we can ask is that, once you have read through our itinerary, come and experience it for yourself!



The cradle of several ancient civilizations including the Inca, Peru is a land of contrasts and surprises. In this study tour, we will learn about the ancient rituals of the Incas and participate in a pilgrimage to several of their places of worship. The pilgrimage will be lead by Master Shaman, Mallku, who will accompany us on the whole journey. We will start in The Sacred Valley, and continue into the Mountains, visiting several sacred temples. We will then take the train to Aguas Calientes and the Sacred Citadel of Machu Picchu, considered by the Incas to be the essence of wisdom. In Machu Picchu, we will take part in ceremonies and relax at the hot springs. The voyage will take us to other sacred sites around Cuzco. We then drive to the famous Lake Titikaka.

The journey is designed to enhance your spiritual growth and understanding. We will perform rituals, ceremonies and meditations at some of the most powerful sites on Earth. You will return with unforgettable memories.

### **Why Peru**

To the Andes for snowcapped peaks and haunting music; to the countryside for the buzz and the color of Indian markets; to the villages for the aroma of fresh bread baking in the community oven; and to Machu Picchu for a pilgrimage. This tour is a great way to experience Peru's diverse ecological, geographical and cultural wonders while enjoying a good level of comfort. Peru has spectacular scenery, preserved beauty and mysterious places. It is an environmental masterpiece of diversity, arid coastal deserts, farming oasis, quaint fishing villages and the Amazon basin. Home to millions of highland Indians, they still speak the native tongue of Quechua and practice the traditions of 10,000 years past.



### **The climate**

April, in terms of the weather, is a good time of the year to be traveling in South America. Temperatures are moderate, and there is a good chance of clear sky's, sunny and dry days.

### **NOT TO BE MISSED**

A special gathering of souls this coming APRIL.

International students of NATIVE MEDICINE, NATURAL HEALING, SACRED GEOMETRY, GEOMANCY AND FENG SHUI, and SHAMANIC PROCESSES AND RITUALS

Take home the experience of a lifetime, the opportunity to learn the spiritual and ceremonial side of Peruvian culture during this 11 day odyssey. Gain knowledge on the uses of Amazonian medicinal plants and participate in healing ceremonies, music and rituals.

### **NOTE:**

The tour is open to all to attend. This is an easy paced tour perfect for anyone with a sense of curiosity and adventure. There are no difficult walks and you can set your own pace. Come with a sense of humour and a willingness to learn about the ancient Andean traditions and spiritual transformation.



### **Travel to LIMA - PERU**

**You need to book your own travel arrangements into Lima and return from Lima to your country of departure.**

Our package takes you from April 15<sup>th</sup> to the morning of April 25<sup>th</sup>.

We can arrange extra nights at the Lima hotel if you wish -before and/or after our tour package.

Extra nights accommodation is US \$90 per night, per room at our Lima 5 star hotel. Or you can arrange extra nights yourself at other hotels.

**At the end of the itinerary is the tour costings and booking procedure, suggestions on what to bring, and our terms and conditions.**



### **About Mallku, our guide and teacher for the whole journey**

Mallku (a name that honors his ancestors) is an artist, author of books on the Natural Medicine of Peru, Andean mysticism, Shamanic life and the architecture of the temples, palaces and spiritual gathering places of the ancient people of South America.

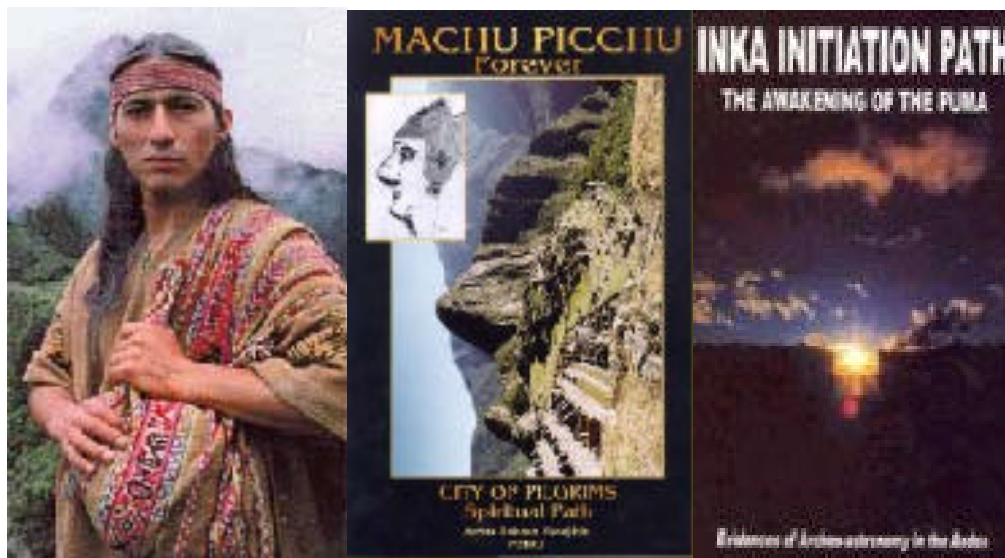


He is the author of "Inka Initiation Path" and "Machu Picchu Forever" successful works of Andean Wisdom. He is a leading figure in his community as a teacher and spiritual guide. His travels led him to the spiritual communities of Peru and Brazil - furthering his experiences in the magical dimensions of Pachamama and Wiracocha. Recently he was elected as the Director of the Mundial Association of Andean Writers.

Mallku has been studying for many years the power places of the Andes. The Andean architects, were not only the builders of incredible structures, but also the masters of the power lines (ley-lines as known in western geomancy) existing in the world. He has made and uncovered significant discoveries about these geo-magnetic forces. His lectures and ceremonies demonstrate the importance of astronomical phenomena in the design and placement of these ancient temples.

The Ancients understood and worked with these geo-magnetic forces, so that their temples and palaces would become power places to grow in spiritual essences and experiment with the high energies of Pachamama and Wiracocha. Cuzco city is an example of this conscious style of architecture, where the sun's pattern is extensively mapped to the equinoxes and solstices, the design of the city reflects this in every aspect.

In the last 20 years of studies, Mallku has discovered some of the most important astronomical phenomena that are still visible at many of these 'power places'. He describes these ancient Andean buildings, the expression of an advanced "Feng Shui" technology, and the Andean architects, as masters of the spiritual path.



**Mallku** is a Shaman, author and our guide and teacher. He will take us through initiation rituals in the ancient power places of the Andes. He is rewriting the history of his ancestors revealing the true secrets of the Inka in his writings, 'Machu Picchu Forever' and 'Inka Initiation Path'. You will be able to purchase a signed copy of his books on our tour.

**Roger Green - study tour organiser and sponsor**

Roger is recognised as one of the world's most innovative and dynamic teachers on Feng Shui. A lively and enthusiastic teaching style, he illuminates and explores the deeper principles and underlying wisdom of this ancient philosophy. With twenty years of experience and practical involvement with Feng Shui and natural healing, Roger has developed a unique ability to communicate the subtleties of Oriental thought in a profound and meaningful way.

He is a pioneer of Feng Shui in the west, having been one of the first to teach classical Feng Shui methods in Europe, London and America. Roger Green has also developed a unique system of Feng Shui for the southern hemisphere. He has taught in over 40 countries and has trained hundreds of practitioners.

Organising Feng Shui study tours for over ten years to China, India, Taiwan, Hong Kong, Tibet and Peru and sponsoring Feng Shui and Ecology conferences in Prague, Zurich and the USA, he is also a regular speaker at International conferences around the world. Roger Green conducts Professional Feng Shui Practitioner programmes in Europe, London, America and Australia. He has established the following schools for training Feng Shui students:

The New York School of Feng Shui  
San Francisco School of Feng Shui  
The London School of Feng Shui  
The Sydney School of Feng Shui

**The Peru Study Tour: April 2005**

**April 15<sup>th</sup>, Friday**

**Arrive into Lima, Peru** (your own international travel arrangements)  
**Transfer and rest the night at our 5 star Lima hotel.**

**International group arrives in Lima, one of South America's most vibrant cities and GATEWAY to the ancient INCA civilisation. Our hotel is located in one of the most interesting and vibrant parts of town – Miraflores, centre of cultural and artistic activity.**

You may wish to arrive one or two days earlier if you wish. Extra nights at our 5 star hotel can be arranged.

**Hotel: SOL DE ORO 5 \*\*\*\*\***

### **Lima**

Our tour does not stay longer in Lima nor are there any tours planned. The next day we fly to the Sacred Valley-Cuzco. We are utilising our time with Mallku in the countryside and at the power places of the Andes. However, you can yourself take some extra days before or at the end of the tour to explore Lima. We return to Lima in 11 days time.

Lima is a large city, with almost 9 million inhabitants, and has flower gardens, great plazas, huge cathedrals, elegant colonial homes, fine museums, and excellent restaurants. Visit the Museo de Nación to see pre-Incan and pre-colonial artifacts and learn about 2,600 years of cultural history.





**April 16<sup>th</sup>, Saturday: Ollantaytambo**

**Transfer to the airport and flight to Cusco (3,400m).**

**Early plane to Cuzco – fly over the snow covered Andes to the legendary city of gold, the Center of the Inca Universe. Inca means "ruler," or "king" - a city filled with history and beauty.**

**Reception and travel by private coach to the Sacred Valley - 1.30 hrs drive from Cuzco.**

***We will have a special meditation AND ceremony at the top of the Temple of the Wind.***

***At night, a slide show of the power places at the Andes with our guide and teacher, Mallku.***

As we leave Cuzco we drive through fields of quinoa and amaranth before pausing for photos at a scenic spot overlooking the fertile river valley of the Urubamba-which means "butterfly" in Quechua. We will see ancient terraces still in use and, on a high peak across the river, the fortress of Pisac.

Afternoon arrive at the ancient city of Ollantaytambo, where the buildings still retain the original architecture of the Incas. This archaeological complex was a gigantic agricultural, administrative, social, religious and military center in the era of the Tahuantinsuyo.

Stay in Ollantaytambo overnight





**April 17<sup>th</sup>, Sunday : The Sacred Valley**

**Morning. Enjoy the Indian market of Pisac and the breathtaking views from the top of the archeological site. Hike down to the Inca temple on one of the most beautiful walks in this region.**

**After lunch, visit Moray, an ancient Inca site with circular terraces built in honor of Pachamama.**

***Here Mallku will instruct you in walking exercises and a meditation in the center circle of this amazing power spot.***

**Later in the afternoon we continue to the salt mines of Maras, a beautiful formation with purifying salts. Return to the hotel.**

**The Sacred Valley of the Incas.** Bathed by the waters of the Urubamba and Vilcanota rivers, the valley includes the towns of Pisac, Yucay, Urubamba, Ollantaytambo and Chincheros. All these villages display pre-Hispanic archeological vestiges, built by the different Incas to use them as fortresses or as retreat sites. During the time we are in the sacred valley, you will visit Ollantaytambo Sun Temple, Pisac ruins and market, Moray's mystery circles and the spectacular Maras salt farm.

The Sacred Valley is an area full of major Inca ruins and ancient villages. Walk along magical paths with beautiful views. Stroll through Andean villages and relax in the plazas and enjoy the local ambience. Visit local craft shops and bargain at the Indian markets. The colour and wonderment of the sacred valley will etch forever a memorable experience of this powerful site.

Stay overnight in the Ollantaytambo Valley.



### **April 18<sup>th</sup>, Monday: Machu Picchu**

Transfer from our hotel to catch the morning train to Aguas Calientes (Machu Picchu-1.45 hrs). We will check into our hotel before visiting the famed city of Machu Picchu, NAMED BY MALLKU as the Crystal City, the Rainbow City, the City of the Kondor and the Hummingbird, the City of Peace, and the City of Light. There are many trails and power sites to experience here.

*LATE IN THE AFTERNOON, A MEDITATION HONORING THE PATH OF THE ANDEAN MASTERS with MALLKU*

Over night in Aguas Calientes township, the village at the foothills of Michu Picchu.

### **Machu Picchu: Lost and Found**

We board one of the greatest and most spectacular train rides in the world. For two glorious days, you can explore Machu Picchu. At your own pace, ponder the mysteries of this spot, take part in group meditations and relax at the hot springs! For many, it is the *Eighth Wonder of the World* and shows the knowledge of a culture that was able to build a citadel with gigantic rocks flawlessly fitted together in a site of difficult access. Still today, the attention is drawn on how and from where could these people transport such enormous stones. There are no stone pits in the region nor had the Incas discovered the use of the wheel. Mallku has written several books on the Andean mysteries- together we discover these ancient secrets!



**April 19<sup>th</sup>, Tuesday: Machu Picchu- Cuzco**

Early in the morning we enter Machu Picchu, to take part in a ceremony, which will deepen our journey into the inner path of our unique purpose. You may continue to the power peak of WAYNA PICCHU or take the hike up to the sun gate.

**Machu Picchu: Lost city of the Incas**

Today is our chance to watch the sunrise at Machu Picchu. Little in life is as moving as sitting quietly, watching the warm curtain of morning light pushing clouds away from two venerable Picchus – Machu and Huaynu, you can slowly discern the silent ruins of a "lost city". Later, if you wish, you can climb the sacred peak of Huayna Picchu or take a walk through the lush cloudforest to the Temple of the Moon

– WOW!

Includes a unique ceremony and meditation at Machu Picchu with Mallku

Later that day we take the return train trip to Cuzco and arrive to the "navel of the world" – Cuzco. Evening is free to explore the township, shop at the market places and dine at its various restaurants



**April 20<sup>th</sup>, Wednesday: Cuzco and the Sacred Valley of the Incas**  
 Morning visit to Tipon, an ancient site where there is the 'Temple of the Water'. We stop in Cuzco for lunch then onto visit Amaru Machay, the cave of the Serpents, and Q'enko, the sacred place of the Puma.

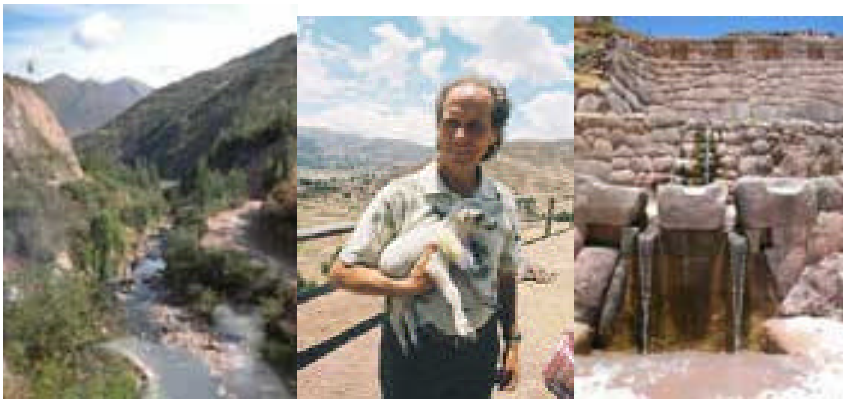
*Mallku will guide ceremonies at these powerful locations.*

We end our visit at Sacsayhuaman, a stunningly huge site, which holds the great house of the sun and where the head of the Puma of Cuzco resides. After a ritual, we return to Cuzco.

### **Cuzco and the Sacred Valley of the Incas**

This mythical capital is a city filled with historical monuments and relics, with a beautiful blend of Inca and Spanish cultures. Highlights today are:

- Q'ENQO Temple- the name means labyrinth or zigzag
- The Temple of Sacsayhuamán



**Cuzco** is a magical city filled with history and beauty. It is a small city embedded in the Andes range, and a beautiful blend of Inca and Spanish cultures. From the churches in the Plaza de Armas to the Incan ruins and the gorgeous landscape of the Sacred Valley, this is treasured spot that cannot be missed.

With our expert guide and teacher Mallku, you'll learn about the Incan history as you stroll by walls of their fabled stonework in Cuzco.

At night you can dine on typical dishes like ricotto ruelleño as you listen to indigenous musicians and watch Andean folk dances. Along our journey we explore the witches market, bargain over tapestries and head off to the old neighborhood of San Blas -the local artisan's workshop area.

Very close to Cuzco is numerous sacred sites that we will visit today for a full day tour. These pre-Columbian observatories have felines, serpents and birds carved into the rock and were ceremonial centers of worship.

### **Q'ENQO**

We go to the ancient Lemurian city where we visit the **Q'ENQO** ruins. The name means labyrinth or zigzag. Located 3km from Cusco, this temple dedicated to Mother Earth is a unique center of worship and for ceremonies. It has numerous ceremonial carvings, holes and canals cut into the rock. One of its features is a semi-natural underground chamber with a large limestone rock covered with symbolic carvings. Below the boulder there is a mysterious cave with altars carved into the rock.



### **Tambomachay**

The Temple of the Water - known as the *Baños del Inca* (Baths of the Inca). Clear running water flows through the stairways, and it is said to have been a sanctuary for water worship. It is an archaeological complex made up of well-crafted canals, walls and windows which show the Incas' extraordinary architectural talents and their in-depth knowledge of hydraulics.

**Barrio de San Blas.** The quarter of San Blas is located a few blocks from the Plaza de Armas. It is well-known for housing the workshops of the most important Cusqueño artisans. The local church has a famous 400 years old pulpit, beautifully carved in a sole piece of wood.

**Among the churches and monasteries**, the Cathedral, San Francisco, Santo Domingo, Santa Catalina, San Pedro, Santa Clara, La Compañía, San Cristóbal and La Merced are the most important. La Merced houses a famous 1720 gold



monstrance weighing 22 kilos, encased with 1,805 diamonds and other 615 precious stones, such as rubies, topazes, and emeralds.

**Among the mansions**, the most outstanding are, Casa de los Cuatro Bustos, Casa de los Marqueses de San Juan de Buena Vista y Rocafuerte, Palacio del Almirante, and Casa Solariega, where the Inca Garcilazo de la Vega was born.



### **The Temple of Sacsayhuamán**

This immense religious center, just outside Cuzco, has structures weighing hundreds of tons. At a walking distance from the center, it has big walls of monumental stones distributed in a zigzag pattern and three platforms that have an average of 360 meters (1,181 ft). There are stones of as much as 9 mt (30 ft) long and 5 mt (16 ft) wide. The enormous boulders that form most of the construction were fitted with perfect precision without using mortar. The stones fit so perfectly that no blade of grass or steel can slide between them. The heaviest stones weighs up to 125 tons.

Discover how it is a gigantic observatory where you can meditate and focus your energy into the Eye of the Puma. We will be treated to a special ceremony conducted by Mallku.

After we descend into Cuzco down a lovely narrow stepped pathway which leads us to the Monastario hotel where there is a tiny church filled with extraordinary paintings and gold-leaf woodwork.  
Then on into the city for dinner!

Several of the sites around Cuzco are particularly geared toward feminine energy and a must to see.

**April 21<sup>st</sup>, Thursday.**

**Visit the Korikancha, the Temple of the Sun in Cuzco, and have a free afternoon for shopping and exploring.  
Evening ceremony and journey with drums and power instruments.**

**Korikancha (Temple of the Sun)**

In the course of the day we will stop at Korikancha, the partially restored 'Temple of Gold' at the center of the Inca Universe, where the gold-covered walls were stripped by the Conquistadors. Along narrow cobblestone streets, we pass walls of stone so precisely fitted that they remain in superb condition centuries later. There were supposedly 333 Sacred Shrines called 'huacas' in and around Cuzco. They were situated along 40 so called "ceque" lines, that radiated like spokes of a wheel outward from Korikancha.

Afternoon free.

*Evening ceremony and shamanic journey with music and drums*



**April 22<sup>nd</sup>, Friday: Lake Titikaka**

**Journey to the famous Lake Titikaka a full day drive that will take us through the beautiful Peru countryside – and off the beaten track!**

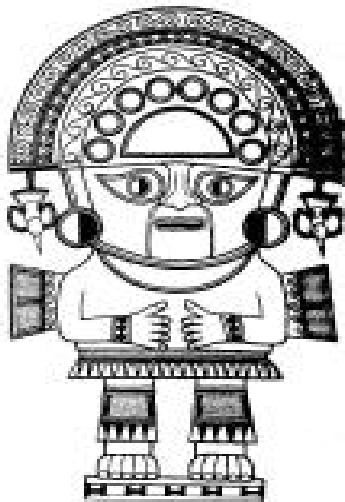
**We will visit on the way the magnificent Temple of Wiracocha, and arrive into Puno late in the afternoon. Transfer to the hotel.**

### **Lake Titikka**

Located at 11,800 feet in Peru 's south eastern Andes, it is the world's highest navigable lake.

According to the legend Titikaka is the birthplace of the first Inca, Manco Capac and his consort and sister Mama Ocllo. They raised out of the water with the divine assignment to establish an empire and unite the different cultures in the name of peace and civilization. The importance of this area was also the presence of gold and silver mines.

Author Zacharia Sitchin in his books "The Earth Chronicles", writes extensively about the importance of this area in his 'Lost Civisation' edition.



**Puno** is located on the shores of Lake Titikaka. To the north is the Carabay mountain range near the border of Bolivia. Puno is the city of folklore, music and dance. The Puno area is famous for more than 300 traditional dances still practiced and celebrated each February with a national festival.

At the center of town is a car free street with restaurants and pubs. This street is the center of nightlife and many tourists and locals come together in this place. Peñas with live music create a pleasant atmosphere.

### **The Temple of Wiracocha**

There are many aspects of the Inca empire that continue to be shrouded in mystery. How they built their monuments is one of them. This unique complex of vast dimensions, spreading across 264 hectares, is made up of housing, temples, palaces, astronomical observations, food storehouses and walls. The Temple of Wiracocha is one of the most myterious constructions, a unique complex of cylinder-shaped columns and four naves. However, this is not the

only ruin left standing. There is the great wall, ceremonial fountains, sphere-shaped buildings and rectangular houses.

**April 23<sup>rd</sup>, Saturday**

**We discover today the ancient Aimara Altars to the South. Walk the sacred path on the Magical Serpent and discover the Ajayu Marka, a dimensional world with its doors. Continue to the altars of Copamaya, salutation to the spirit of Titikaka and at the end of the afternoon, visit the Temple of Fertility. Return to the hotel.**

We walk to the Magical Power source of the Ajayu Marka, House of the ancient Spirits and Masters and the dimensional doorway of the Ancient Ones. Then we continue to the Sun gate of the Copamaya altars, where we give thanks to the Spirit of the Lake.



**April 24<sup>th</sup>, Sunday**

**Transfer to the airport in Juliaca, visit on the way the Andean Taj Majal, enjoy this power place and maintain the light of Wiracocha in your path.**

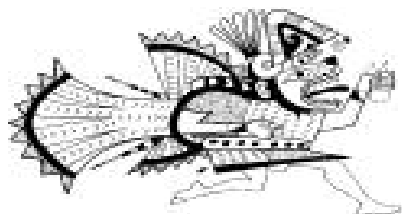
We will visit the power center of Sillustani, which is considered the 'Andean Taj Majal', a sacred site and galactic gateway, giving our salutations to the Wiracocha and in the words of Mallku 'we will enter into the dimensional feeling of the cosmos'.

Flight to Lima and transfer to the hotel. Overnight at our Lima hotel

**April 25<sup>th</sup>, Monday. End of tour**

**Transfer to the airport and flight back home.  
Or stay longer to continue your Peru Adventure!**

Have you ever wished you could travel to a far-off land and experience a wonderful adventure so that you come back a different person, empowered, uplifted and enlightened? YOU JUST DID !!!



### **Costings and booking information:**

**Fee: US \$2100 based on shared double room occupancy**

**Single room supplement add US \$440**

#### **Includes:**

All tuition and ceremonies with Mallku.

Mallku is with us throughout the tour, and it is considered a 10-day workshop!

Internal airfares, land and train transport, hotel accommodations.

Breakfast and lunch each day (lunch drinks not included)

All transfers

#### **Does not include:**

International airfares from your country of departure

Airport departure tax

Tips (optional- approx \$2-3 each day for drivers, porters)

Evening free for your own choice of dining at your own costings. Note- food is a very reasonable price - approx \$US 5-10 per day

Travel health insurance is compulsory. Consult your travel agent

#### **Booking Procedure**

Deposit \$500 required between 15<sup>th</sup> December 2004 – 15<sup>th</sup> January, 2005 to secure position on this popular study tour.



Deposit is non refundable, and is used to secure internal tickets for planes and trains and hotel bookings.

The remaining fees will need to be paid by bank transfer by 25<sup>th</sup> February

### **Payment procedure**

Pay your deposit by check, money order or credit card.

The remaining fees are paid by either check or bank transfer (no credit card payments accepted for this)

Bank and check details are written up on the three page registration form, which needs to be filled out by each participant, signed and either faxed or posted to:

Roger Green  
340 E 52 St, suite 6H  
New York City  
NY 10022  
USA

FAX: 1- 201 489 8419

### **Cancellation policy**

Deposit \$500 is NON REFUNDABLE

Up to 30 days cancellation, full refund minus \$500 deposit

Up to 15 days cancellation, 70% refund, minus \$500 deposit

After 15 days cancellation, NO REFUND

### **Questions, Information and bookings:**

adventure@fengshuiseminars.com

Phone USA 1-917 969 9989

### **Hotels:**

Some of these hotels will need to be confirmed closer to the event. All hotel details and contact information will be hosted up on our website for your friends and relatives to be able to contact you.

However we suggest that you require a email address, and this will be available at most locations on our tour.

LIMA:	SOL DE ORO*****
SACRED VALLEY:	YANAWARA LODGE***A,
AGUAS CALIENTES:	HATUCHAY TOWER***A
CUSCO:	ANDES DE AMERICA***
PUNO:	ECO INN***

### Baggage

Please only bring one suitcase, and one carry-on bag with you. Allow space for shopping. Pack in a minimal way. Refer to our travel tips for suggests on what to bring.

### Important to note:

You are required to purchase your own personal, medical and travel insurance. You need to in be sound health, be responsible for your own general welfare and have an active sense of repsonsibilty for yourself and others in the group. Please check with your doctor for any medical requirements. While we make all efforts to keep to the advertised schedule, the organisers reserve the right to vary the itinerary at anytime as required by local conditions.

We attempt to maintain prices as stated and our policy is to absorb minor fluctuations in cost. However if there are any excessive increases in flight or accommodation costs, or currency fluctuations these will be passed on. Your fee covers internal travel, accommodation (single room supplement is available) and meals as stated on the itinerary. Accommodation is based on twin share.

Some location are at high altitude, namely Cuzco. We will use local medicines if you have any symptons of alttude sickness, and western medicine will be available at all times- at your own expense. Please consult a qualified practitioner for advise on these matters.

### Travel Tips

#### Visas

The responsibility of documentation rests with passengers. You are responsible for verifying your needs for visas based on your nationality.

Simply ask your travel agent to look into this for you.

-USA, Canadian and Australaian citizens do not need visa's for Peru at time of printing.

-Be wise; double check

### Passports

Passport with at least 6 months validity is required usually when applying for a visa. Make sure you have blank pages in your passport for visas to be placed. Make sure your passport is current and valid.

### Transfers

If you have supplied your arrival date and time along with flight details, we will arrange transfer from Lima airport to the Hotel

### Weather information

In Peru the month of April is springtime (southern hemisphere). It is one of the best seasons for travelling in South America. The weather is very comfortable, temperature averages 24C . 65 F

But it must be noted that sometimes the evenings can be cooler. So one warm jacket is essential.

**Cuzco Altitude:** 3,400m, approx 12,000-13,000 feet

Working with the Altitude...

As each individual will experience it differently, people will have to adjust to the altitude and move at their own pace in Cuzco. People should consult their own doctor or health practitioner about altitude sickness, which is due to the thinning of the atmosphere. Some medical conditions are affected by altitude more than others.

People need to seek advice regarding the medications and health products that they may need to bring with them as a safe guard.

In general, people should prepare for the trip to Peru by not smoking, avoiding sugar and alcohol, and start developing a reasonable level of fitness.

Try three bowls of miso soup each week leading up to the trip! It will alkalize your blood and ground you. Roger Green, your tour sponsor and veteran traveller of over 40 countries- swears by it!

### Luggage:

Limit one carry on (6 kg) and one suitcase per person (20kg)

Travel light and plan carefully what to bring: the limit is 20 Kgs on internal flights

Otherwise you will likely be charged for excess baggage.

### Some important things to bring and to remember:

PASSPORT!

Warm wind breaker (water proof)

Small first aid kit

Notebook and pens

Sun glasses

Sun screen  
Sun hat  
Dark coloured drip-dry clothes are recommended  
Comfortable walking shoes  
Swim costume  
Security pouch for cash, passport and airline tickets  
Any personal medications (consult your doctor)  
Toiletries  
Coffee / tea bags of your favourite types  
Natural good quality snack food eg energy bars  
Camera, film / slide film, spare batteries  
Credit cards / traveller's cheques

### Information on money / credit cards etc

Credit cards are a good idea to have in the case of an emergency, and it is ideal when purchasing expensive items. Most large department stores in Lima accept American Express, Mastercard and Visa. However obtaining money through your visa card or cash advance can be difficult in some parts of Peru.

### Trip Insurance

We suggest you consider purchasing trip insurance. Trip insurance may provide additional coverage for lost or delayed baggage, emergency medical and dental care, and emergency medical transportation. Here are two providers you might consider:

[InsureMyTrip.com](#) — Compare 43 providers

Travel Insured International — <http://www.travelinsured.com/home/home.asp>

### Cash

Up to you, but if you would like our suggestion, approx. U.S \$300 mainly for shopping, snacks, non-group meals, tips and airport departure tax.

### Tipping

For meals on your own, it is customary to tip 10%. It is also customary to tip porters and possibly other service providers. Allow \$2-3 per day. It is still optional and it is up to you.

### Toiletries

Soap, shampoo, toothbrush, toothpaste, pre-moistened towels, sun protection (30 SPF or higher is recommended)

### Shoes

We suggest that you bring along a pair of rubber-soled or tennis shoes for walking. You'll also find sandals convenient.

### Clothing

Lightweight rain gear, swimsuit, loose-fitting cotton cover-ups, shorts, long pants, one nice outfit, shirts, sweatshirt, extra socks, etc. For cool or windy

evenings, a windbreaker and some head covering.

#### Other items

Medical kit to include your personal medications, a copy of your immunization record, mosquito repellent, anti-itch cream for mosquito bites, band-aids, first-aid cream, anti-diarrheal medication

Day pack for carrying water, snacks, camera etc

Needle & thread, ear plugs

Major credit card & long distance phone card

Journal, pen or pencil, binoculars, sunglasses, camera & film

#### Diet

If you have special dietary needs or preferences, plan to bring your own supply to the extent practicable. Energy bars and rice cakes travel well and provide supplemental calories if needed between meals.

It is easy to be a vegetarian in Peru. There are many local vegetable dishes. Please indicate on our registration form, page 2 at the bottom, if you are a vegetarian so we can plan your lunches better.

#### Medical Preparations

Please check with your medical advisor to determine whether you need any vaccinations, immunizations, antibiotics, or altitude sickness medication. Tell your healthcare provider that you will be traveling primarily but not exclusively in the Peruvian highlands at elevations of 7,000 to 12,000 feet above sea level. These decisions must be made in consultation with your healthcare provider and it is completely up to you if you choose any of these. There is no compulsory immunisations or vaccinations needed for Peru.

#### Transportation of Personal Belongings

To avoid a potential inconvenience with lost luggage, we suggest carrying all of your important items on board e.g cameras etc

Sharp items (such as small scissors, nail clippers, and pocket knives) must be packed inside luggage that is checked. If you attempt to carry such items through security, they will be confiscated, and you may be detained to the extent that you miss your scheduled flight and forfeit your airfare. Do not use suitcase locks and arrive at least 2hrs for your international flight.

We recommend limiting the amount of personal belongings you take. You will be moving from place to place frequently.

#### Limitation of Liability & Waiver Agreement

Please sign and return the registration form. You are agreeing to the usual terms and conditions for overseas travel on a study tour as stated below.



The Tour Operator assumes no responsibility nor does it grant any warranties expressed or implied relating to the operation, safety, condition or service of any aircraft, motor vehicle, boat, other conveyance, inn, lodge, or hotel and/or products associated with such entities or services that are used wholly or in part by, for or on behalf of trip members.

The Tour Operator, its agents, employees, officers and directors will not be responsible for any act, error, or omission nor for any injury, loss, accident, delay, inconvenience, irregularity, or damage which may be occasioned by any cause whatsoever, including acts of war, nature, civil disturbance, government restrictions, or failure of any means of conveyance to adhere to published schedule.

The Tour Operator reserves the right, either prior to or after departure, in its good-faith discretion when circumstances warrant, to change or re-price any tour, trip, or expedition. This includes, but is not limited to, the right of The Tour Operator to alter or omit any part of the itinerary, to substitute hotels or leaders, or to change any means of conveyance without notice and without allowance of refund, with the liability for increased costs — if any — to be borne by trip members.

**PARTICIPANT RESPONSIBILITY.** Trip members assume the responsibility and are solely responsible for selecting or designing a trip suitable to and appropriate for their health, their physical abilities and interests. Members are responsible for being in sufficiently good health to undertake their trip and may be required to obtain a physician's release to participate in the trip. Members are also responsible for studying all pre-departure information; for bringing all detailed equipment and clothing; for conforming to standards of personal hygiene to minimize the risk of traveler's disease — as set by the trip leader; for acting in a manner considerate of fellow group members and the countries visited.

**AIRLINE RESPONSIBILITY.** The airlines concerned are not to be held responsible for any act, omission, or event during the time passenger is not on board their planes or conveyances. The passenger contract in use by the airline concerned, when issued, shall constitute the sole contract between the airline and the purchaser of their programs and or passenger. Similar responsibility as noted above applies to all types of carriers.

**Trip Member's Agreement Regarding Complete Assumption of Risk of Travel and Release of The Tour Operator's Liability.**

I acknowledge the risk and hazards of travel in remote areas where injury, delay, or unanticipated events may occur. By signing the registration form I accept responsibility for my own welfare and waive any future claims against The Tour Operator for liability to the maximum extent permitted by law.

**Check list:**

Remember to book your trip to LIMA as a return round trip.

Shop around for airline prices. Check out website prices and compare.  
Book ahead!

Are you staying any extra nights before/after the tour?

Have you included the extra night rates in your fees?

Add up your fee, include any single room supplements

Have you checked on passport and visa requirements?

Make sure you have blank pages in your passport for visas to be placed.

MAKE SURE you have a valid passport !

Have you purchased travel health insurance and check up with your doctor?

Travel light and plan carefully what to bring: limit yourself to one suitcase 20 Kgs,  
and one small carry on bag (6 kg limit)

Give your close friends/relatives your travel plans and contact numbers i.e email  
address that you can check at internet cafés.

Give them our website, [www.fengshuiseminars.com](http://www.fengshuiseminars.com)

It will have the Peru itinerary and hotel contact numbers.

See you in Lima, on the 15<sup>th</sup> April, 2005

Regards Roger Green

Any questions

Email: [rogergreen@fengshuiseminars.com](mailto:rogergreen@fengshuiseminars.com)

