



# Peru for Solo Travelers: Lima, Cuzco & Machu Picchu

9 days | 12 days with the Amazon extension

Make your way from cosmopolitan Lima to historic Cuzco to the sweeping Sacred Valley—and mystical Machu Picchu—alongside fellow solo travelers on this weeklong tour of Peru. Along the way, you'll watch artisans bring handicrafts to life using traditional techniques, follow in the footsteps of forward-thinking Incas, and savor the flavors of fresh, Peruvian cuisine.



## Your tour package includes

7 nights in a private room at handpicked hotels  
7 breakfasts  
2 lunches  
5 dinners with beer or wine  
2 tastings  
5 sightseeing tours  
Expert Tour Director & local guides  
Private deluxe motor coach  
2 on-tour flights  
2 train rides

## Included highlights

Huaca Pucllana  
Barranco district  
Sacsayhuaman  
San Pedro Market  
Sacred Valley of the Incas  
Balcon del Inka textile cooperative  
Ollantaytambo  
PeruRail train ride  
Machu Picchu  
Sun Gate hike

## Tour pace

On this guided tour, you'll walk for about two hours daily across moderately uneven terrain, including rocky ground and unpaved trails, at high altitudes.

## Group size

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## Lima → 2 nights

### Day 1: Arrival in Lima

Welcome to Peru! Transfer to your hotel in Lima and get settled in.

### Day 2: Sightseeing tour of Lima

*Included meals: breakfast, tasting, welcome dinner*

Set out on a guided tour highlighting the Peruvian capital's modern and UNESCO-recognized quarters.

- Walk through Plaza de Armas, viewing the Cathedral of Lima and Church of San Francisco
- Enter the archaeological site of Huaca Pucllana to learn about the towering adobe and clay pyramid
- Visit the Parque del Amor in the Miraflores district and take in views of the Pacific Ocean during a walk along the boardwalk
- Stroll through the artsy Barranco district, stopping to sample coffee and alfajores cookies

Enjoy a free afternoon in Lima or add an excursion.

Tonight, gather with your Tour Director and fellow group members at a mixer before enjoying a welcome dinner.

+ Monumental Callao: Street Art & Food Tour

## Cuzco → 2 nights

### Day 3: Flight to Cuzco

*Included meals: breakfast, dinner*

Travel to the airport for your flight to Cuzco.

Upon arrival, enjoy free time to acclimate to the elevation as you explore at your leisure.

Tonight, get a taste of Peruvian cuisine during an included dinner as you listen to local Peruvian music.

### Day 4: Sightseeing tour of Cuzco

*Included meals: breakfast, tasting*

Join a local guide on today's tour of Cuzco, the UNESCO-recognized ancient capital of the Inca Empire.

- Stroll through the ruins of the Sacsayhuaman citadel, which was once completely covered in gold

- View the towering Cristo Blanco statue, a thank-you gift from the Palestinian refugees who took shelter in the city during World War II
- Walk through the city center and step inside the Convent of Santa Domingo, built by the Spaniards where the Inca temple of Koricancha stood
- Stop in Plaza de Armas to enter Cuzco Cathedral
- Visit San Pedro Market to see crafts made by local artisans and try fresh fruits

Spend a free evening in Cuzco or add an excursion.

+ Cuzco Cooking Class & Dinner

## Machu Picchu Region → 1 night

### Day 5: Aguas Calientes via the Sacred Valley

*Included meals: breakfast, lunch, dinner*

En route to Aguas Calientes, the gateway to Machu Picchu. First, make several stops in the Sacred Valley to take in the sights.

- Start your morning in the quaint village of Chinchero to visit Balcon del Inka, a local textile cooperative run by Quechua women
- Watch as artisans demonstrate traditional weaving, spinning, and dyeing techniques using both alpaca and sheep yarn
- Try your hand at spinning on the loom
- Peruse the colorful stalls of the open-air Chinchero Market, where you can shop for local textiles
- Enjoy an included lunch at a local restaurant in Chinchero
- Continue to the ancient Ollantaytambo ruins to explore still-standing Inca homes and fortress stone walls with a guide
- Board a scenic train to Aguas Calientes, soaking in views of the Sacred Valley

Sit down for an included dinner this evening.

*Please note: Travelers must submit full passport details by Tour Finalization Date or risk being denied entry to Machu Picchu due to scarcity of tickets and daily entrance restrictions.*

## Sacred Valley → 2 nights

### Day 6: Machu Picchu & Hike to Sun Gate

*Included meals: breakfast, lunch*

Uncover the UNESCO-protected city of Machu Picchu, one of the most spectacular archaeological sites on the entire South American continent.

- Tour the ruins of the ceremonial center, cultivation terraces, and guard house
- Visit Funeral Rock, the Main Temple, Temple of the Three Windows, Chamber of Ornaments, the Sacred Plaza, and the Intihuatana stone

Then, experience Machu Picchu from a different angle as you hike to the Sun Gate.

- Join your local guide and begin your hike up to the stunning viewpoint
- Learn how the Sun Gate was once the main entrance to Machu Picchu and how it was built to honor Inti, the Sun God

*Please note: Travelers who opt out of the hike can enjoy free time to explore Machu Picchu at their leisure\*. \*Additionally, the hike to Sun Gate is weather-dependent and typically sometime closes for routine maintenance.*

Enjoy an included lunch at a local restaurant in Aguas Calientes. Then, travel through the Sacred Valley on a scenic train ride to Urubamba, where you'll spend the night.

### Day 7: Free day in the Sacred Valley

*Included meals: breakfast, farewell dinner*

Enjoy a free day in the Sacred Valley or add an excursion.

This evening, enjoy a farewell dinner as you celebrate your trip with your fellow group members.

+ Misminay Village Home-Hosted Lunch, Moray & Maras

## Overnight Flight → 1 night

### Day 8: Flight to Lima & departure

*Included meals: breakfast, farewell dinner*

Transfer to the airport in Cuzco, where you'll board your flight to Lima.

In Lima tonight, celebrate with your fellow travelers at a farewell dinner. Then, relax in your dayroom before a late-night or early morning flight home.

*Please note: If you're traveling on the extension, you'll spend the night in Lima.*

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## Arrive Home

### Day 9: Travel day

Arrive home today.

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## + the Amazon extension

In the Amazon, nature is on display like nowhere else (seriously—more flora and fauna live here than anywhere else in the world). Fly to Iquitos, then set out to see incredible wildlife in the world's biggest rainforest and meet indigenous Yagua people to learn about their history.

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## Lima → 1 night

### Day 8: Flight to Lima

*Included meals: breakfast*

Fly to Lima this morning and settle into your hotel.

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## The Amazon → 2 nights

### Day 9: Flight to Iquitos & rainforest walk

*Included meals: breakfast, lunch, dinner*

Fly to Iquitos this morning to begin your adventure in the Amazon. When you arrive, enjoy lunch before setting out on an invigorating walk in the rainforest reserve surrounding your lodge. This evening, sit down for an included dinner with your group.

*Please note: Some flights to Iquitos depart very early in the morning and breakfast may not be included.*

### Day 10: Free morning & Yagua village visit

*Included meals: breakfast, lunch, dinner*

Today, enjoy a free morning in the Amazon or add an excursion. Then, sit down for an included lunch before setting out to visit a local village.

- Take a short river cruise to a Yagua indigenous village, keeping your eye out for the elusive pink dolphin
- Learn about the local village culture and watch a blowgun demonstration

This evening, sit down for an included dinner.

+ Amazon Canopy Walk

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## Overnight Flight → 1 night

### Day 11: Franciscan mission town visit &

### departure

*Included meals: breakfast, lunch*

Visit the Franciscan mission town of Indiana this morning. This large river community has grown to include its own market, high school, and small hospital.

Later, fly to Lima and relax in a dayroom before boarding your late-night or early morning flight home.

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## Arrive home

### Day 12: Arrival at home

Arrive home today.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.ca/PE6](https://goaheadtours.ca/PE6) | 1-800-754-5066

**Day 2: Monumental Callao: Street Art & Food Tour**  
\$130CAD/\$140CAD\* (4 hours, departs in the morning)

Spend some time exploring one of the area's most colorful and creative areas—the Callao district. This seaside spot is located about 10 miles west of Lima and is home to lively culture, stunning street art, and delicious food. Travel to the Historic Center of Callao and join a local for a guided tour. Stroll through the iconic streets to see the historic architecture surrounding Plaza Matriz and along the port. You'll also see the colorful, artistic graffiti that tells the story of the chalacos (that's what people from Callao call themselves!). You'll learn how local artists reclaimed the history of their city through the Fugaz initiative and why they chose to express their culture through inventive street art that covers buildings across the Monumental Callao neighborhood. Pair your immersive art lesson with some tasty small bites when you visit a few local eateries to sample some of the city's best flavors. End the day by soaking in panoramic views from the rooftop of Casa Fugaz before heading back to Lima.

**Day 4: Cuzco Cooking Class & Dinner**  
\$165CAD/\$175CAD\* (3 hours, departs in the evening, dinner included)

During this cooking class you'll mix, toss, and stir up some of Peru's most well-known—and delicious—foods. Head to one of the top local restaurants in Cuzco, which offers beautiful views of Plaza de Armas. You'll participate in a hands-on lesson where a Peruvian chef will teach you how to make two classic dishes, causa de pollo and tiradito de trucha. The first is a cold appetizer featuring chicken and potato, while the second is a flavorful trout dish. Then, sit down to enjoy the meal you prepared with a glass of beer or wine. Please note: The venue may change based on group size and departure date.

**Day 7: Misminay Village Home-Hosted Lunch, Moray & Maras**  
\$149CAD/\$159CAD\* (8 hours, departs in the morning, lunch included)

Spend the morning learning about the roots of the Sacred Valley. Start in Misminay, an ancient community located over 12,000 feet above sea level in the Sacred Valley. You'll enjoy spectacular views of the Sacred Valley and snow-capped mountains as you meet the local villagers. Learn about the traditional agricultural, weaving techniques, and daily activities of the 500 families who live in the community. You'll also have the chance to taste the local Chicha corn beer they produce. Then, sit down to enjoy an included lunch cooked by the ladies of Misminay. The meal will feature naturally cultivated ingredients harvested from the area, paired with live Andean music from the community musicians. After lunch, take a 45-minute downhill hike to Moray, the site of famous Incan ruins that feature large circular terraces used for agricultural experiments. Then continue by bus to Maras, known for its

patchwork of terraced salt-evaporation ponds that have been used since pre-Incan times.

## Extension excursion options

**Day 10: Amazon Canopy Walk**  
\$225CAD/\$235CAD\* (8 hours, departs in the morning)

Go deep into the Amazon for a treetop walk. The day starts with breakfast under the palm-thatched roofs of the ExplorNapo Lodge on the Napo River. Next, hike to the spectacular Canopy Walkway for a bird's-eye view of the rainforest, taking in the lush plants and wildlife along the way. Afterward, visit the ReNuPeRu Ethnobotanical Garden. A local shaman will explain how the 240 plants cultivated here are used for healing.

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.ca/terms](https://goaheadtours.ca/terms)