

Sacred Pilgrimage to the Inca Sanctuary of Machu Picchu

With Mimi & Michael Jocson and Don Pasqual

Experience an incredible spiritual healing journey and receive the blessings of the ancient masters of this land. This extraordinary trip, shared by a small private loving group, will take place in some of the most sacred and powerful light-filled places on the planet where we can heighten our spiritual awareness, healing and balance. Some of these places are Mt. Pumamarca, Ollantaytambo, Machu Picchu and Huayna Picchu.

In order to join us in this expedition, it will be in your best interest to participate in the Oxygen Advantage Approach for simulation of altitude training taught by Michael Jocson. This can be done by attending the class in person or by zoom meeting.

Mimi will provide a total of five shamanic energy sessions in person or virtual. Four sessions prior to expedition and one session after expedition.

\$2,500 double occupancy

\$3,000 single occupancy

Group Size: 6-8 people

\$500 non-refundable deposit required to reserve your place.

ITINERARY

ACCOMMODATIONS

Casa Andina Premium in Sacred Valley, Urubamba, provides luxury accommodations while preserving the warm Andean home stay and a delicious breakfast is included.

Day 1: Afternoon meeting in our hotel.

Introduction to Don Pasqual from the Q'ero nation.

Gathering in sacred circle with all participants in order to share our stories, intentions and goals of the Expedition.

Ayni Despacho ceremony followed by a fire ceremony at Hotel.

Day 2: Hike to Mt Pumamarca, the temple of the jaguars (45 minute hike up to ruins). This is an opportunity to shed the limitations that live inside each one of us, and to break the spell of the nightmare of history that we are living under.

Shaman leads us in a blessing ceremony and calling on the medicine of the jaguar and its lessons of the journey beyond death.

Visit Ollantaytambo archeological site and a very important place of power. Its location is in the crux of three valleys.

Lunch on your own in Ollantaytambo.

Day 3: Early pick up from Hotel to Ollantaytambo train station.

Train will take us to Km 104, where we begin our sacred pilgrimage to Machupicchu.

Hike uphill for approximately for four hours.

Picnic lunch.

Receive the Earth keeper's rite given by Don Pasqual.

An empowerment rite where we are initiated into a lineage of medicine men and women dedicated to the welfare of all beings.

This rite transmits to each of us the wisdom, the kindness, and the courage to dream a new awaken life so we can dream the world into being.

Continue to final stretch for 2-3 hours in order to arrive at sun gate (Intipunku).

Open your heart as you enter sacred site and know that you are arriving to Machupicchu as a spiritual seeker.

Arrive to sanctuary approximately 2-3 pm and explore Citadel through circuit 1.

Take bus to the town of Agues clients for dinner and overnight stay at Hotel.

Day 4: Eat breakfast provided by Hotel.

Take 6:00 am bus to Machupicchu

Tour of Machupicchu sacred city using circuit 3 (approx. 1-1.5 hr.)

Registration for Huayna Picchu- Temple of the moon trail by 8 am

Join our circle meditation inside the temple or nearby.

Buffet lunch at Tinkuy Restaurant located in Machu Picchu hotel.

Bus, train and car transportation to Sacred Valley hotel.

Day 5: Leisurely morning and integration of experience in sacred circle at Hotel

Check out from hotel

Transportation provided to Cusco airport.

Includes: Four night at Sacred Valley hotel, one night at hotel in Aguas Calientes town plus dinner, buffet lunch on Tinkuy restaurant in Machupicchu, round-trip bus and train tickets to Machupicchu as well as entrance fees, reservation to hike trail to Temple of the Moon. Transportation departure from Sacred Valley hotel to Cusco airport. Professional tour guide.

Sample itinerary subject to change.

TRAVEL INFORMATION

1. Passport

A valid passport is required for entry into Peru. All participants should carry a second form of photo ID, such as a driver's license, as well as a photocopy of the personal data page of your passport. A copy of your passport is the easiest way to prove your identity if you happen to lose your passport.

US citizens are automatically given a ninety-day visa upon entry to Peru.

2. Flights

You are responsible for booking your own flights to Cuzco, Peru. If you arrive before the starting date of the expedition, you are also responsible for your transfer from the airport to hotel accommodations before the trip starts, and transportation to Casa Andina Premium in Sacred Valley, where the group is meeting. As soon as you book your flight, please email and provide us with your flight details and emergency contact information.

3. Travelex Insurance

We strongly recommend that you purchase travel insurance to protect yourself in case extenuating circumstances force you to cancel your trip. If for some unforeseen reason you must cancel your journey, your deposit is non-refundable. One option is Travelex Insurance, which offers Trip Cancellation, Trip Interruption, Trip Delay and Baggage insurance. We suggest you purchase travel insurance within three weeks of your initial trip deposit for the best coverage. For complete details, please visit: www.travelexinsurance.com or call customer service at 1-800-228-9792 Monday-Friday 8:00 a.m.-7:00 p.m.

4. Extra Nights

If you are arriving before the expedition start date, or staying on afterwards, we recommend the following hotels:

Sacred Valley: Casa Andina Premium Valle Sagrado Hotel & Villas

It is located at 5to Paradero Yanahuara, Urubamba.

Phone: 011-51-84-76-5501

Email: recep-capvalle@casa-andina.com

Lima Airport: Costa del Sol Wyndham: It is located at the International Airport Jorge Chavez.

Phone Number: 011-51-1-200-9200 or #011-51-1-711-2000

Email: reservasindividuales@costadelsolperu.com

Lima City: Casa Andina Premium Miraflores: It is located at Av. La Paz 463, Miraflores – Lima, Peru

Phone: 011-51-213-4300

Email: recep-capmiraflores@casa-andina.com

Cusco: Casa Andina Premium. It is located at Plazoleta Limacpampa Chico 473 Cusco, Peru

Phone: 011-51-84-58-1200

Email: recep-capcusco@casa-andina.com

5. Meals.

Meals are simple, healthy and delicious. You will have plenty of food and any dietary needs such as vegetarian and gluten-free should be easily accommodated.

During days at the Sacred Valley Hotel, daily breakfast at the hotel is included. Lunch and Dinner are not covered at hotel; the typical cost for a lunch or dinner ranges from US \$15.00 to US \$20.00.

During the days we will be hiking during lunchtime we can purchase food at local places. Please feel free to bring power bars

or other organic healthy snacks. If you choose to eat at the hotel, your meals will be charged to the credit card on file for your room at the hotel and must be paid when you check out.

6. Water

You can purchase bottle water from local stores. You will need to bring at least one water bottle to fill and carry with you. You may also want to bring a bottle for hot tea in the morning or evening.

7. Supplements and special dietary products

Please be sure to pack supplements you are taking and any special dietary products such as protein powder mix, tea, or other packaged goods that are absolutely essential to your diet. Please check with the Peruvian Consulate if these products can be brought into Peru.

8. Prescription medications

If you take prescription medications, be sure to bring enough for your travels. Containers should be clearly labeled with prescription forms to avoid problems at Customs. Please bring a sufficient supply of any personal medications you take. We will bring a basic medical kit and other medical supplies, but it is helpful when you are able to tend to basic daily medical needs. Below is a list of items to consider, bring whatever you would use at home. Consult your physician if you have specific concerns before you travel.

- Cipro (Rx) for intestinal bacteria
- Diamox (Rx) for high elevation mountain sickness
- Azithromycin(Rx) for URIs or respiratory infections
- Robitussin cough suppressant
- Pepto Bismol
- Antibiotic cream (Neosporin)
- Ibuprofen or Naproxen
- Decongestant
- Lubricating eye drops

- Herbal and holistic remedies for throat and stomach discomfort
- Ricola, Cepacol for dry and scratchy throats
- Stool softeners: Colace, Swiss Kriss, Dulcolax
- Treatment for diarrhea: Lomotil, Imodium
- Muscle Calm is recommended to help ease sleeplessness. It's a natural alternative to other sleep aids which are not advised at high elevation

9. Health and safety

You can visit the CDC website for information about traveling to Peru, including vaccinations you may need to have:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>.

Keep in mind that I cannot offer medical advice. It is best that you consult with your primary care physician, who knows your medical history and can best advise you.

Most illnesses while traveling are caused by contamination of food or water. Drink only bottled water and do not use ice cubes unless you know them to be safe. Freezing does not kill bacteria. Do not drink from the streams. Eat only cooked foods and fruits with peel. Avoid food from sidewalk vendors. Our hotel has excellent hygiene and food preparation practices.

Hydration is the key to avoiding altitude sickness. We recommend you drink at least two full liters of water per day. Drinking wine or beer will dehydrate you, so limited consumption is strongly advised. Emergen-C Packets (containing vitamins and electrolytes) and simple Electrolyte Packets can be added to bottled water to assist hydration. If you experience sleeplessness it might be caused by dehydration; drink more water immediately.

Please note:

- Should you require it, medical attention at the hotel will be available at an additional \$100 charge per visit.

- We recommend purchasing Emergency Evacuation Insurance from Travelex or any other Traveling Insurance Company.
- We will have an emergency vehicle available in the mountain at all times, as well as oxygen and first aid should we need it. Please note that if you need to descend for health reasons there will be a charge of \$100 for this service.

10. Money

Consider exchanging US \$200-\$400 at the airport, to be used for tips and other eventualities. When you bring US dollars into Peru, they must be new bills with no tears or rips. Damaged bills are not accepted in Peru. Should you need more money, you can find ATM machines in Lima, Cusco, and in Urubamba, very close to our hotel. You can also exchange US dollars at the hotel; other types of currency may not be easily exchanged. Note that Visa and MasterCard are the most widely accepted credit cards.

11. Tips

We collect tips for our guides, bus drivers, and porters. These are collected by a volunteer in our group and given as a donation at the end of the Expedition. We ask for US \$10 per day or anything that your heart desires to donate as tips.

12. Airport taxes

All Peruvian airports charge “Exit Taxes.” Most airlines include this tax in the cost of your ticket. Please contact your airline to confirm.

13. Optional healing sessions

Our shaman, Don Pasqual offers energy medicine sessions. The cost for each session is US \$100 and can be paid in cash directly to him.

14. Temperatures & Elevation

Cusco: 60° Fahrenheit during the day and in the low 50° at night; 11,400-foot elevation

Sacred Valley: 70° Fahrenheit during the day and 40° to 50° at night; 8,500-foot elevation

Machupicchu is mild and pleasant weather with daytime temperature ranging from 64° to 72° Fahrenheit. At nighttime, lows around 50° Fahrenheit; 7,972 foot elevation.

Check the weather forecast a week prior to ensure you pack according to the most current temperature forecast.

15. Packing tips for the mountain

You will leave your large luggage at Casa Andina hotel and **bring the personal gear with everything you'll need for our Machupicchu sacred pilgrimage.** You will be responsible to carry your daypack. Please be mindful and keep it simple and as lightweight as possible. Bring a daypack that is very comfortable and waterproof. Something with side pockets to easily access water and internal dividers so you can quickly find what you need.

16. What to pack

- Lightweight hiking boots: Gore Tex or water-resistant w/ankle support are best
- Tevas or strapped hiking sandals (optional)
- 1-2 pairs of jeans or comfortable hiking pants
- 1-2 Long-sleeved lightweight shirts, the ones that wick away moisture and are quick drying are worth the investment
- Fleece jacket
- Warm jacket for night time
- Rain jacket and pants (highly recommended)
- Good quality hiking socks (keep an extra pair in your daypack)**
- Sun hat**
- Sunglasses**

- Water bottle**
- Camera, digital cards and extra batteries (they are expensive in Peru)
- Notebook/journal, pen/pencil (good to keep in a ziplock bag to protect from moisture)**
- Emergen-C or other electrolyte packets to add to water**
- Snack foods: protein or granola bars, beef jerky, nuts, hard candies, dried fruit (choose options with minimal sugar content)**
- Sunscreen (the sun can be very strong at high altitudes)**
- Lip balm with SPF**
- First aid items (suggested): clip-on hand sanitizer; blister treatment kits (for the prevention and treatment of blisters); Band-Aids. **
- Temperatures will range during the day in the mid 70's and dropping at night to the low 50's Fahrenheit.

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**We suggest you carry these items in your daypack for easy access.