

Peru

Andean Peaks & Sacred Traditions

July 08 - July 18, 2028

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/peru-jul-2028

Tour Overview

Duration:	11 days
Maximum Group Size:	12 women
Start Date:	July 08, 2028
End Date:	July 18, 2028
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 spinning, natural dyeing, and weaving. During your time in Cusco, you'll also enjoy **chocolate making** and a **wonderful cooking class**.

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, and shopping for **handmade products at local markets**.

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!

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. The rest of the day will be free to rest, settle in, and begin adjusting to the altitude at your own pace.

Day 2: Cusco

Included meals: Breakfast, Lunch

With so many layers of history packed into Cusco, we'll begin with a half-day tour of some of the city's most important landmarks. We'll visit the colossal Fortress of Sacsayhuaman, built with enormous carved stones fitted together with remarkable precision, before continuing to Qoricancha, the Inca Temple of the Sun. Once one of the most sacred sites in the Inca Empire, its inner walls were said to have been covered in gold. We'll then head to Cusco Cathedral, where our guide will introduce us to its beautiful interiors and impressive collection of 17th and 18th-century paintings from the famous Cusco School. After the tour, the rest of the afternoon will be free to relax or continue exploring Cusco at your own pace, whether you want to browse the markets and shops, stop for a coffee, or simply wander through the historic center.

Day 3: Cusco

Included meals: Breakfast, Lunch, Dinner

We'll begin the day with a hands-on visit to Cusco's chocolate museum, where we'll learn how cacao grown in the Peruvian jungle is transformed into chocolate. We'll follow the process from the cacao tree to the finished product, hear a little about the history of chocolate, and then make our own chocolates to take with us and share later. During the workshop, we'll also prepare three different cacao drinks: cacao tea, Mayan-style hot chocolate, and European hot chocolate. In the evening, we'll continue with a colorful introduction to Andean culture at a local center dedicated to preserving the traditions of the Cusco region. We'll see displays of traditional clothing, handicrafts, musical instruments, and other examples of local heritage before sitting down for a lively folkloric show. The performance brings together music and dances from different parts of Peru, with traditional costumes and rhythms that offer a fun look at the country's cultural diversity.

Day 4: Cusco / Sacred Valley

Included meals: Breakfast, Lunch

Heading into the majestic Andean Mountains, our journey will take us to the heart of the Sacred Valley. Our first destination will be Pisac, a town where Inca architecture and colonial history come together. We'll stroll through its well-known artisan market, filled with jewelry, ceramics, textiles, and other locally made crafts. Later, we'll travel to Ollantaytambo, a historic town that offers a remarkable look at Inca engineering. We'll explore its archaeological complex and fortress, where massive stone terraces, walls, and towers once protected an important stop along the Inca road system. At the end of the day, we'll continue to Urubamba and check into our comfortable hotel.

Day 5: Sacred Valley

Included meals: Breakfast, Dinner

Today we'll explore daily life and local traditions in the Sacred Valley, beginning with the main plaza and market in Urubamba. Farmers and ranchers from across the Cusco region come here to sell produce and local ingredients, giving us a look at the variety created by Peru's different climates and elevations. From there, we'll travel to the village of Lamay, away from the busiest tourist routes, where we'll walk through the local streets and visit the 17th-century Church of Saint James the Apostle. We'll then learn more about life in the community, including how guinea pigs are traditionally raised and the role they play in Andean culture. We'll also visit a traditional chicheria to see how chicha, a fermented corn drink, is made and why it remains important to social and agricultural life in the region. We'll have the chance to enjoy a small snack with a glass of chicha before continuing to the Inkary Museum, where full-scale recreations introduce us to the civilizations that shaped Peru before the arrival of the Spanish.

Day 6: Sacred Valley

Included meals: Breakfast, Lunch

Today we'll spend time with members of a Quechua community and learn about the weaving traditions that remain an important part of life in the Andes. After receiving a warm welcome in an upper mountain village, we'll make our way to the local cooperative. Here we'll follow the weaving process from spinning sheep or alpaca wool and creating natural dyes from local plants to working on the looms where the finished textiles take shape. You'll then have the chance to join a hands-on workshop and make your own bracelet. We'll sit down for a homemade lunch at a weaver's home, with time to speak with community members before continuing to the Alqa and Sulca museums. Their collections include traditional textiles, ceramics, masks, carvings, and other pieces that reflect the beliefs, stories, and daily lives of communities across the region.

Day 7: Sacred Valley

Included meals: Breakfast, Dinner

We'll start the day at Moray, a set of circular terraces in deep, bowl-shaped hollows. Each level has a slightly different temperature, and the site is believed to have been used by the Inca to test

crops and adapt them to different highland conditions. From there, we'll continue to the salt pans of Maras, a patchwork of thousands of shallow pools that have supplied salt since Inca times. Fed by a natural spring, water is guided through narrow channels into each pan, and the sun does the rest. As it evaporates, crystals form and local families harvest them by hand through a community system. We'll follow marked paths to viewpoints and learn how the pans continue to be managed. Afterward, we'll return to our hotel in the Sacred Valley.

Day 8: Sacred Valley / Machu Picchu / Aguas Calientes

Included meals: Breakfast, Lunch, Dinner

Leaving our hotel early, we'll head to the train station and board the comfortable Vistadome for the journey through the Sacred Valley toward Aguas Calientes. With its large panoramic windows, the ride offers spectacular views of the surrounding mountains, valleys, and the Urubamba River as we make our way toward one of the most anticipated stops of the trip. Once we arrive in Aguas Calientes, we'll take the shared bus up the winding mountain road to Machu Picchu, the extraordinary 15th-century Inca citadel and one of the New Seven Wonders of the World. Set high among steep, forested peaks, Machu Picchu is as impressive for its dramatic location as it is for its remarkably preserved stonework. With our guide, we'll explore the ancient citadel and learn more about the Incas who built it, the purpose of its temples, terraces, plazas, and ceremonial spaces, and the engineering that allowed an entire settlement to thrive in such a challenging mountain environment. After our visit, we'll return by bus to Aguas Calientes and check into our hotel for the night. The rest of the day will be free to relax, explore this small mountain town, or simply enjoy a quiet evening after an unforgettable day at Machu Picchu.

Day 9: Aguas Calientes / Cusco

Included meals: Breakfast

Today you'll have the morning free to enjoy Aguas Calientes at your own pace. You might browse the artisan market near the train station, wander through the small streets and cafés, take a walk along the river, or visit the town's thermal baths for a relaxing soak. It's a compact and easy place to explore on foot, so you can keep the morning as active or relaxed as you'd like before continuing the journey. In the afternoon, we'll return to the train station and board the Vistadome for the scenic ride back toward Cusco. After arriving at Poroy Station, we'll be met by our driver and continue by private vehicle to our hotel in Cusco, where we'll settle in for the evening.

Day 10: Cusco

Included meals: Breakfast, Lunch, Dinner

This morning we'll head to the San Pedro Market, where a local chef will guide us through aisles filled with Andean potatoes, giant-kernel corn, fresh highland cheeses, herbs, breads, flowers, and fruit from the cloud forest. With our ingredients in hand, we'll continue to the chef's rooftop

kitchen and prepare a small menu using regional staples such as quinoa, ají amarillo, rocoto, and river trout. Along the way, we'll learn a few simple techniques and then sit down together to enjoy what we've made with wide views over Cusco's red-tiled roofs. After lunch, the afternoon will be free to enjoy Cusco at your own pace. You can browse the shops and markets, stop for a coffee, revisit a favorite part of the historic center, or simply relax at the hotel. In the evening, we'll come back together for our farewell dinner and one final night together in Peru.

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 experience with a maximum of 12 women

✓ Professional tour leader throughout the trip

✓ 10 nights of accommodation in comfortable 4-star hotels

✓ Daily breakfast, 6 lunches and 6 dinners

✓ Transportation within Peru by private vans, plus train travel to/from Machu Picchu

✓ Local English-speaking guides throughout the trip

✓ All activities, entrance fees and experiences listed in the itinerary

✓ Airport transfers in Cusco

Not Included

✗ Flights to/from Peru

✗ Passport/visa fees

✗ Meals and activities not mentioned

✗ Travel insurance (mandatory)

✗ Other gratuities

Pricing

Shared Room:	**$ 5,600**
Single Room:	**$ 6,200**
Deposit:	**$ 750**

Accommodations

On this trip, you can expect comfortable 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-HIGH

This trip includes walking tours, cultural visits, ruins, markets and time at high altitude. Guests should be comfortable walking for up to 2-3 hours at a time, including at Machu Picchu, where stone steps, slight hills and uneven surfaces are part of the experience.

The itinerary takes place at high altitude, including stays in Cusco at approximately 11,150 feet above sea level and visits to higher archaeological sites and mountain villages. Altitude can make activity feel more demanding even for travelers who are normally comfortable walking. This trip is best suited for women in good general health who can manage altitude, early starts, uneven stone paths, stairs and a moderately active itinerary.

Ready to Book Your Adventure?

Women Travel Tribe

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Tour Details: womentraveltribe.com/tours/peru-jul-2028

Small group adventures designed specifically for women 50+
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