



# *the* good life



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## ANCIENT HISTORY

FROM ITS FASCINATING ARCHAIC PAST TO ITS THRILLING PRESENT, CUSCO, PERU, HAS A HERITAGE THAT SPANS THE AGES. TAKE A JOURNEY THROUGH THE MOUNTAIN CITY'S RIVETING CULTURE, WHICH STILL THRIVES TODAY. BY CELIA SHATZMAN

| the good life travel |



INKATERRA  
LA CASONA

**EAT**

The local delicacy, *cuy* (guinea pig), is typically fried or roasted whole; it's been part of the Andean diet for about 5,000 years.

The restaurant at **Inkaterra La Casona**, a hotel housed in a 16th-century colonial mansion, serves a traditional version. For the faint of heart, there are plenty of other options. "I prefer the trout, chicken, and quinoa tabbouleh there," says Yvonne Ramirez, a supervisor at La Casona. "I also like **Map Café**, located within the beautiful **Map Museum**; the setting is unique."



The world-renowned culinary scene makes Cusco a foodie's paradise.

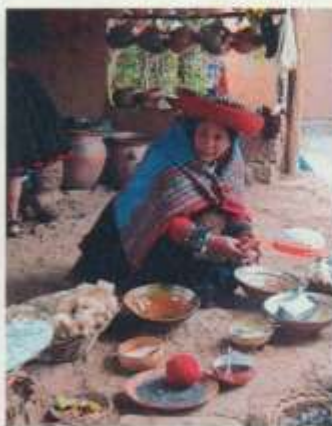


**SHOP**

To experience the real Peruvian or Cusqueñan culture, visit the **San Pedro Market**, where you can find everything from handicrafts to fruits, vegetables, meats, cheese from the highlands, dried potatoes, coffee, cacao, and typical Andean products and cereals. There are also many good shops for alpaca garments, handwoven fabrics, clothing, and jewelry around the main plaza in Cusco.

**DRINK**

No trip to Peru is complete without sampling a **pisco sour**, the national cocktail. Pisco is the base liquor; it's mixed with lime or lemon juice, syrup, ice, egg white, and Angostura bitters. "The ingredients used in this drink make it very special," says Ramirez. She recommends knocking one back at her favorite bar, **Musao del Pisco**, which specializes in—you guessed it—pisco.



**TOUR**

Just outside of Cusco is the stunning **Sacred Valley of the Incas**. It offers a little bit of everything: archaeological sites, beautiful landscapes, and charming markets. Don't miss the traditional Peruvian handicrafts, such as the alpaca, baby alpaca, and vicuña garments, which are distinct and incredibly soft.



SACRED VALLEY OF THE INCAS

PHOTOGRAPHS, CLOCKWISE FROM TOP LEFT: HENRY HIDRAGO; ALCIDES ZAVALA (INGREDIENTS); DAN WERSCH; BETE THAUER; ANNA HAREY; CELIA SHATZMAN; ROBERTA GALVET; ALONSO ZAVALA (PISCO SOUR)