NATIONAL GEOGRAPHIC FREE INSIDE

NATIONAL GEOGRAPHIC TRAVELLER FOOD & WEST SWEDEN GUIDE

TRAVELLER

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FROM THE

ANDES

TO THE

AMAZON:

THE BEST OF

PERU

SPAIN

Sandy beaches, fertile hills & sleepy villages — Cantabria's calling

BOSTON

Uncovering the historic city's bold contemporary art scene



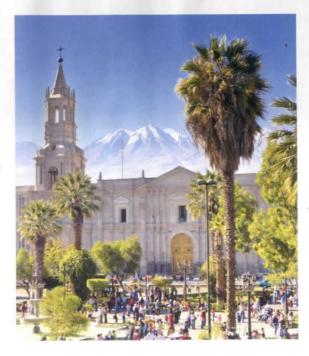
DON'T MISS

ULTIMATE PERU: BEST OF THE REST

AREQUIPA

The colonial city of Arequipa could hardly have a more dramatic backdrop. Set against a series of volcanic peaks in the south of the country, its UNESCO-protected centre is lined with courtyards, churches and old mansions, many constructed from the pale volcanic rock that gives the place its distinctive look.

Despite its population being around a 10th of that of Lima, this is technically Peru's second city. Sights not to miss include the cathedral, first consecrated almost 500 years ago and the focal point of the grand Plaza de Armes, and the enormous Monasterio de Santa Catalina, a convent which once housed 200 nuns and some 300 servants.



NAZCA

Everyone loves a mystery, but few are this big. The enigmatic Nazca Lines are a series of vast geometric patterns and animal figures etched across an immense spread of desert plateau in southern Peru. The largest measure around 1,200ft in length, with most dating back more than 1,300 years — but why, and how, were they made?

Designs range from a spiraltailed monkey to a colossal stylised hummingbird. Scenic flights are the most obvious way of appreciating their scale, although the region also has a number of viewing towers. To the south of the lines, Nazca itself is a colonial town with ancient ruins nearby and an archaeological museum.

LAKE TITICACA

The word 'lake' can sometimes seem inadequate. Such is the case with the titanic Titicaca, the planet's highest navigable body of water, covering an area some 15 times larger than Lake Geneva. Sitting at a dizzying altitude of 12,500ft in the extreme southeast of the country — Peru's border with Bolivia actually bisects the lake — it remains one of South America's most fabled sights.

The green profile of the Andes hunkers on the horizon and more than 40 islands scatter the lake's surface. Puno is the largest settlement on the lake, a good base from which to arrange trips to islands such as Taquile or the floating reed islets of Uros. Further north is Sillustani, a site famous for its pre-Incan stone burial towers.

GETTING THERE

BRITISH AIRWAYS flies direct from Gatwick to Lima twice weekly, with an additional flight during summer. Average flight time: 12h30m.

WHERE TO STAY

BELMOND has six hotels around Peru, including Belmond Miraflores Park in Lima, where double rooms start at US\$255 (£204). belmond.com INKATERRA has seven lodges around the country. Inkaterra Machu Picchu Pueblo Hotel offers double rooms from US\$498 (£396). inkaterra.com

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