



Peru News - May 2023



Participants don traditional Inca costumes during the Inti Raymi celebration in Cusco

Inti Raymi celebration rings in Inca New Year in Cusco each June

Every June 24th, Peru celebrates the Inca New year and Festival of the Sun, known as [Inti Raymi](#). This special event, held in the historic city of Cusco, is one of the country's most remarkable events. The festivities are dedicated to the sun god *Inti*, with vibrant costumes, traditional dance, music, prayer and ceremonies throughout the day. The start of the festival kicks off at [Coricancha](#) (Golden Temple/Temple of the Sun), where people from across Peru and all over the world gather to participate in the grand processional. The procession, led by the *Sapa Inca* (emperor) representative, is composed of thousands of people and travels to Cusco's main square - [Plaza de Armas](#) - where a ceremony is performed to pay homage to Inca deities. The final ceremony, which takes place at the [Sacsayhuaman](#) citadel in

Cusco's northern outskirts, involves invoking *Inti* and *Pachamama* (Mother Earth) through ritual dances and sacrificial re-enactments (actual sacrifices do not take place). This age-old tradition is a major annual highlight and offers valuable insight into Andean beliefs that have persisted for centuries. Visitors are encouraged to purchase [tickets](#) in advance.

Photo credit: Heinz Plenge Pardo / © PROMPERÚ



Cold trout with prickly pear emulsion, airampo salt and preserved mashwa, served at Mauka restaurant in Cusco

New restaurant in Cusco showcases innovative approach to traditional Cusquenian cuisine

New to the [Palacio Nazarenas](#) hotel in Cusco is [Mauka](#), a brand new restaurant fronted by Peru's very own Chef Pía León, winner of the [World's 50 Best Restaurants: World's Best Female Chef 2021](#). Mauka takes its name from the rare Inca root vegetable of the same name, setting the precedent for the restaurant's culinary approach to utilizing local Indigenous Andean ingredients and a commitment to restoring near-extinct crops of the Sacred Valley. Visitors can expect a unique and [innovative dining experience](#) here with dishes such as fire cooked tubers and beef cheek with Urubamba giant corn.

Photo credit: Mauka [Website](#) / [Instagram](#)



Tourists trek through Cusco's mountains en route to Choquequirao archeological site

Alternative treks to Inca Trail offer more sustainable options to travellers

Due to the negative environmental impact of over-tourism on the Inca Trail, the Inca Trail Permit System was implemented by the Peruvian government to regulate the number of daily trekkers to 500. Tour operators are also promoting alternative treks to support sustainability efforts that help preserve the heritage and economic development of remote Andean communities. Here are a few of the alternative treks available to travellers that, with the exception of the Great Inca Road, culminate with a guided tour of Machu Picchu.

- **Peru Expedition: Trek the Great Inca Road:** Set to debut this June, Intrepid Travel is launching its newest 12-day trek, [Peru Expedition: Trek the Great Inca Road](#). This unique trek offers an alternative to the well-travelled Inca Trail to Machu Picchu, inviting visitors to explore the uncharted northern region of the country. Built by the Inca over several centuries, the Great Inca Road (known locally as *Qhapa Ñan*) comprises an extensive network of roads and trails stretching over 30,000 kilometres through the Andes. Guided by a local expert and traditional llama caravan, visitors will officially begin their trek in Huaraz - referred to as the Switzerland of Peru - and discover remote paths, ancient trade routes with stunning views of the Andes and archeological sites that few visitors have seen before, like the [Caral-Supe](#) archeological site that predates the Inca.

- **The Quarry Trail & Machu Picchu:** Becoming a popular alternative to the Inca Trail, the lesser-known Inca Quarry Trail offers arguably more dramatic Andean scenery than its more famous counterpart. With Intrepid Travel's [The Quarry Trail & Machu Picchu](#) trek, visitors embark on a two-night, three-day camping trip to explore secluded villages and ruins. Among the highlights are a visit to the towering [Perolniyoc Waterfall](#), and ample time to explore the often-overlooked town of [Ollantaytambo](#). Recently featured in *Time* magazine's [World's Greatest Places 2023](#), Ollantaytambo boasts impressive preservation of houses, streets and canals from the Tahuantinsuyo era, as well as the not-to-be-missed Ollantaytambo archeological park with notable structures like the Temple of the Sun and the Ñusta Fountain.
- **The Lares Trek:** The [Lares Trek & Machu Picchu](#) by Quechua Treks is a four-day, three-night journey that guides visitors through the paradisiacal [Lares Valley](#) in Urubamba (just one hour from Cusco). Regarded as one of the best trekking routes in the Cusco region, the Lares Valley is punctuated with picturesque glacial lakes and lagoons set against a backdrop of snow-capped peaks. Along the way, trekkers can bathe in the thermal waters of Lares, cross through a rare Polylepis forest, climb the Pumahuanca Pass and interact with local, Quechua-speaking communities. Within these villages, visitors can try authentic Andean cuisine, learn about traditional farming techniques and purchase exquisite handmade textiles.
- **The Ruins of Choquequirao:** G Adventures' [Choquequirao to Machu Picchu Express](#) trek offers a six-day hiking and camping trip that takes visitors through the winding Capuliyoc mountain trails and the Apurimac River canyon en route to [Choquequirao](#) (the Cradle of Gold) archeological site. High altitude hiking makes this trek challenging, but since this lost city is more difficult to reach than nearby Machu Picchu, trekkers are treated to a serene and uncrowded tour of "the other Machu Picchu." Visitors can enjoy a guided tour of Choquequirao's 15th-century plazas, temples, "llama terraces" and more among the forested mountainside.
- **The Salkantay Trek to Machu Picchu:** [The Salkantay Trek to Machu Picchu](#) by Mountain Lodges of Peru is a seven-day trek combining a rugged hiking expedition with luxury [mountain lodge](#) accommodations and gourmet meals along the way. From the crystal-blue waters of [Lake Humanatay](#) to the captivating heights of the [Salkantay Pass](#) at over 15,000 feet, to the lush depths of the serene Cloud Forest and across the glacier-fed Santa Teresa

River Valley, this trek offers visitors a memorable journey through 15 different ecosystems and countless stunning natural wonders. Throughout the journey, trekkers can interact with locals, explore less-visited archeological sites and sample world-class coffee at an organic coffee plantation.

Photo credit: Christian Jara / © PROMPERÚ



Inkaterra Machu Picchu Pueblo Hotel

Peruvian hotels provide unique blend of culture and comfort

Peru's hotels are as diverse as its landscapes and cultures, offering everything from urban boutique properties to eco-lodges tucked away in the Amazon rainforest. With breathtaking views, fine dining, world-class spa facilities and curated excursions and tours, here are just a few hotels that promise visitors a memorable Peruvian experience.

- **Inkaterra Machu Picchu Pueblo:** In Machu Picchu Pueblo (Aguas Calientes) just a stone's throw away from Machu Picchu, the multi-award winning [Inkaterra Machu Picchu Pueblo Hotel](#) is seated on a private 12-acre mountainside reserve in the lush Andean Cloud Forest. The property's 83 [casitas](#) (rooms) were built using local stone and whitewashed adobe and accented with eucalyptus beams that enhance the hotel's traditional Andean charm. Property highlights include the world's largest registered native [orchid garden](#) (372 species), natural flowing [spring water ponds](#), [Unu](#) Andean spa and contemporary Andean cuisine at [Café Inkaterra](#). The hotel was recently awarded the [LUXLife 2023 Leaders in Luxury Awards: Best Rainforest Hotel](#) and is a current nominee for the [World Travel Awards: South America's](#)

[Leading Green Hotel 2023.](#)

- **Country Club Lima:** [Country Club Lima](#) is an historic hotel located in the San Isidro district of Lima. Built in 1927, the hotel has established itself as a landmark destination for travellers seeking opulent and historic accommodations in Peru's capital. The hotel features gold-framed artwork donated by [The Pedro de Osma Museum](#), superb dining at Perroquet restaurant, the [Stained Glass](#) tea room and event space featuring a ceiling with more than 3,000 pieces of stained glass, its intimate and elegant [English Bar](#) serving top-of-the-line Pisco Sours and private guides to some of Lima's most popular attractions.
- **El Convento Cusco:** A beautiful colonial-era building just a short walk from the [Plaza de Armas](#) in Cusco, [El Convento Cusco](#) was originally the San Agustin Convent built in the 16th century. The hotel features architecture and artwork that reflect the area's rich history, as well as two exhibition halls that showcase ancient Peruvian relics and Killke ruins. With its prime location, luxurious rooms and suites - some that showcase views of the San Agustin Convent cloister - stunning courtyards and renowned [Qespi](#) restaurant, El Convento Cusco is a choice hotel for travellers seeking prime accommodations in the heart of Cusco.

Photo credit: Inkaterra Hotels

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