



Machu Picchu

## AOG Dental Study Tour to Peru

4 – 14 May 2015

CPD Applied For





Arequipa Valley

**Peru - land of gold and the sun worshipping Incas, the biggest empire in pre-Columbian America. From its tropical rainforest and indigenous tribes, to the towering Andes, where life has changed very little in its rural villages over the last four centuries, to the coastline dotted with Inca ruins, Peru is an extraordinary destination. This tour takes you on a journey from Lima, a modern city with a colonial past, through the Andes to Cusco and the lost city of Machu Picchu, the home of the Incas. See how both the Inca and Spanish empires left their legacy in Peru on this bespoke study tour, specifically designed for the AOG. The rich cultural programme is punctuated with professional visits and lectures giving you insight into dental practices throughout the country.**

Arrive in Lima and settle into your hotel in the lovely coastal Miraflores area. This city has much to offer, as you will discover on a guided tour of some of its best sites. Starting at the Main Square, where Lima was founded as 'The City of Kings' in 1535, see the Presidential Palace, the imposing Lima Cathedral, wander through the colonial style porticoes and visit

the beautiful San Francisco Church, with its catacombs containing the skulls and bones of 70,000 people. Continue to the more modern areas including Miraflores and San Isidro, ending at the lovely 'Park of Love' with spectacular views over the bay. In the evening relax over a welcome dinner.

The next day visit the San Martin de Porras University Dental Clinic and meet with staff and students to learn about dental training in Peru. Fly to Arequipa, Peru's second city, a spectacular



Plaza del Armas, Lima



Arequipa

sight against the Andes Mountains dominated by the peak of El Misti volcano. Built from pale volcanic rock, the “White City” of Arequipa boasts stunning colonial buildings.

Next morning visit the Goyenche Hospital and its dental department. After lunch tour the Museum of Andean Sanctuaries and visit the 500 year old Juanita Mummy, a young girl who has been perfectly preserved after being frozen for centuries. Visit the beautiful Main Square, its white volcanic rock gleaming in the sunlight, and visit the Cathedral. Continue to one of the city’s highlights, the beautiful Monastery of Santa Catalina, a vast citadel of narrow twisting streets, hidden staircases, tiny plazas and tiny courtyards, where nuns still live as they have for hundreds of years.

The next day set off across the spectacular altiplano to Puno and Lake Titicaca, through petrified forests and emerald lakes, volcanoes dotting the horizon. Check into your hotel in

the afternoon and then visit the historic Yupura Hospital ship, owned by the Peruvian Navy and still used by doctors to visit towns and villages on the edge of Lake Titicaca.

Lake Titicaca, the world’s largest high altitude lake, is an impressive sight. Take a boat out to visit the famous floating Uros islands, home to the Uros Indians who have lived a floating existence on their manmade reed islands for hundreds of years. Continue onto the beautiful little island of Taquile, containing a culturally distinct population who have lived here for over ten thousand years. Meet with a Taquile shaman and learn about traditional medicine that is still used today, a contrast to the previous visits in Lima and Arequipa.

Next morning set off for Cusco, the road winding its way through the Andes and their snow-capped peaks, with many stops to admire the spectacular views along the way.



Uros Islands, Lake Titicaca (top); Peruvian women (above)



Cusco, known to the Incas as the 'navel of the world', is a fascinating city literally layered with history, with beautiful Spanish colonial buildings built on top of sturdy Inca foundations. On a morning tour of the city visit both Inca and colonial highlights, including the 'Temple of the Sun' and the Cathedral, and enjoy the colour and bustle around the Plaza de Armas and its cobbled streets. Head out to visit the Sacsayhuaman complex, located on a hill outside of the city and providing a wonderful bird's eye view of Cusco and the surrounding valley below. In the afternoon you will have time at leisure or time for AOG peer talks. In the evening enjoy dinner and traditional Peruvian music at a local restaurant.

The area around Cusco, known as the Sacred Valley, was the Inca heartland and is littered with superb ruins of Inca sites. Starting at Pisac, visit the citadel which is built in the form of a partridge, and travel through the valley following the route of the Urubamba River to the mighty temple fortress of Ollantaytambo.

Return to Cusco for an early night, ready to visit Machu Picchu next day.

Early next morning take the train through the cloud forest to Aguas Calientes for the short bus ride to the magnificent UNESCO World Heritage Site of Machu Picchu, a masterpiece of engineering and architecture. Explore the stunning mountaintop city in the company of an expert guide with time at leisure before returning to Aguas Calientes.

There is the option to visit Machu Pichu for sunrise the next day or to visit the hot springs for a relaxing swim. In the afternoon you will return to Cusco by train.

The following morning is at your leisure for any last minute shopping or sightseeing in Cusco before taking the flight back to Lima to connect with your flight home.



Main Square, Cuzco (top); Sacred Valley (above)

## Itinerary 4 – 14 May 2015

**B** = Breakfast   **L** = Lunch   **D** = Dinner

**1 night Lima - 2 nights Arequipa - 2 nights Puno - 3 nights Cusco -  
1 night Aguas Calientes - 1 night Cusco**

|                      |  |     |    |   |
|----------------------|--|-----|----|---|
| <b>4 May (Mon)</b>   | <b>Lima</b>  | D   | Pm | Arrive Cusco late afternoon and check into the Los Portales Cusco Hotel |
| Am                   | Arrive Lima and check into hotel   |     |    |   |
| Pm                   | Take a city tour of Lima in the afternoon, including Presidential Palace, Lima Cathedral, Saint Francis Church, the catacombs, Miraflores and the Park of Love   |     |    |   |
| Eve                  | Welcome dinner   |     |    |   |
| <b>5 May (Tues)</b>  | <b>Lima / Arequipa</b>   | B D |    |   |
| Am                   | Visit the San Martin de Porras University Dental Clinic and meet with staff and students   |     |    |   |
| Pm                   | Fly to the colonial city of Arequipa   |     |    |   |
| <b>6 May (Wed)</b>   | <b>Arequipa</b>  | B L |    |   |
| Am                   | Visit the Goyenche Hospital and its dental department  |     |    |   |
| Pm                   | Sightseeing of Arequipa including Museum of Andean Sanctuaries and see Juanita the Mummy, Arequipa Cathedral and Monastery   |     |    |   |
| <b>7 May (Thur)</b>  | <b>Arequipa / Puno</b>   | B L |    |   |
| Am                   | Drive through the Andes and across the altiplano to Puno with stops along the way  |     |    |   |
| Pm                   | Arrive late afternoon and visit the Yupura Hospital ship   |     |    |   |
| <b>8 May (Fri)</b>   | <b>Puno</b>  | B L |    |   |
| Am                   | Explore stunning Lake Titicaca with a visit to the floating Uros Islands. Take a boat out to Taquile Island and meet a local shaman  |     |    |   |
| Pm                   | Return to Puno by boat and at leisure  |     |    |   |
| <b>9 May (Sat)</b>   | <b>Puno / Cusco</b>  | B L |    |   |
| Am                   | After breakfast drive to Cusco through breathtaking Andean scenery   |     |    |   |
| <b>10 May (Sun)</b>  | <b>Cusco</b>   | B D |    |   |
| Am                   | City tour of Cusco taking in the Temple of the Sun, the Cathedral and Sacsayhuaman complex   |     |    |   |
| Pm                   | Afternoon at leisure or AOG peer talks   |     |    |   |
| <b>11 May (Mon)</b>  | <b>Cusco</b>   | B L |    |   |
| Am                   | Depart for a tour of the Sacred Valley, first stopping at Awanacancha Llama centre and learn about the importance of llamas and alpacas to the Peruvian people. Then drive to Pisac and explore the citadel and market |     |    |   |
| Pm                   | After lunch visit a local dental clinic in the sacred valley and continue to the village of Ollantaytambo and explore the Inca fortress ruins. Return to Cusco in the late afternoon                                   |     |    |   |
| <b>12 May (Tues)</b> | <b>Cusco / Machu Picchu</b>  | B D |    |   |
| Am                   | Travel by train to Machu Picchu and explore one of the new seven wonders of the world with an archaeological guide   |     |    |   |
| Pm                   | At leisure to explore or descend to the town of Aguas Calientes to the hotel   |     |    |   |
| Eve                  | Dinner in Aguas Calientes  |     |    |   |
| <b>13 May (Wed)</b>  | <b>Machu Picchu / Cusco</b>  | B L |    |   |
| Am                   | There is the option to visit the ruins of Machu Picchu for sunrise or morning at leisure   |     |    |   |
| Pm                   | Take the train back to Cusco and arrive late afternoon   |     |    |   |
| <b>14 May (Thur)</b> | <b>Cusco</b>   | B   |    |   |
| Am                   | Morning at leisure and depart for flight back to Lima for flight back to the UK  |     |    |   |

Cuzco at night





Lake Titicaca

## Hotels

### **Alpha Miraflores Hotel (Lima)**

With spacious and modern rooms, this hotel has a superb location in the Miraflores area of Lima. It is also walking distance from the ocean front and is near excellent restaurants and cultural attractions.

### **Posada Del Inca Hotel (Arequipa)**

Located in the centre of Arequipa's Main Square and next to the beautiful Cathedral, this is the perfect base from which to explore the city. The hotel features a lovely terrace that looks out onto the main square, a restaurant and outdoor pool.

### **Jose Antonio Hotel (Puno)**

Situated in front of the majestic Lake Titicaca, this hotel enjoys a tranquil setting just outside of the city of Puno. The hotel features a restaurant with lake side views and a bar

### **Eco Inn Hotel (Cuzco)**

A modern hotel located a short walk from the Main Square and the heart of historic Cusco, this hotel has a restaurant serving highlights of Peruvian cuisine, an outside courtyard and a spa.

### **El Mapi Hotel (Aguas Calientes)**

This contemporary hotel provides a relaxing

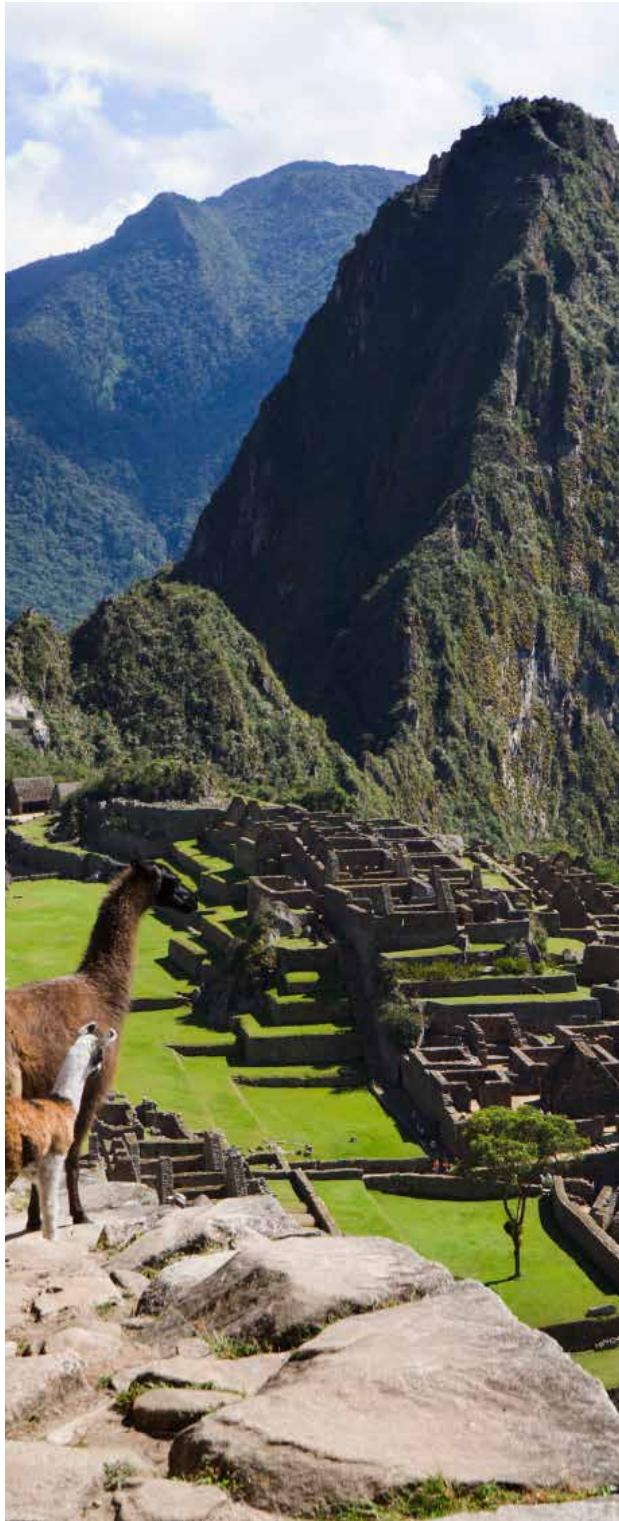
atmosphere amidst the hustle and bustle of Aguas Calientes. The hotel is perfectly located for exploring the archaeological site of Machu Picchu and the hot springs located in the town.



Posada Del Inca Hotel, Arequipa (top);  
Jose Antonio Hotel, Puno (above)

## Tour Leader

This tour has been tailor made for a group. While there is no dedicated tour leader, there is a group representative who will work closely with local and national guides to ensure the itinerary runs smoothly.



Machu Picchu

**Ground only cost (excludes international flights and transfers) is £2200 / AUD \$4200**

**The ground only cost does not include international flights and transfers on arrival and departure**

### **The cost includes:**

- Comprehensive briefing notes
- 10 nights' accommodation in twin or double bedded rooms with private facilities in 4 star boutique hotels

**Single room supplement is £430 / AUD \$820**

- Breakfast daily and other meals as per the itinerary
- A full programme of dental visits and cultural tours as per the itinerary
- Admission fees where applicable
- Full time English speaking national guide in Peru
- All transport in Peru
- Domestic flights within Peru, Lima to Arequipa and Cusco to Lima

### **The cost excludes:**

- Meals not mentioned
- All personal extras such as water, porterage, laundry, inoculation fees, drinks and all tips
- All optional excursions, tours and visits
- Travel insurance
- International flights
- Departure tax from Peru

## Flights

If you require assistance with booking flights to/from Peru then please do let us know. There are multiple flight options to Peru from the UK, including those via Madrid with BA/Iberia and options via the USA.

# About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun. Whether your journey is for study or pleasure, we make sure that you travel, understand and enjoy.

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Lima (top); Santa Catalina Convent, Arequipa;  
Lake Titicaca; Llama (above)



Jon Baines  
tours

