



WILKA TIKA
ESSENTIAL WELLNESS

**CH'ASKA PRIVATE SACRED VALLEY TOUR
FOR FIT NAME
JANUARY 2022**





Experience the Authentic Spiritual, Historical and Cultural Wonders of Peru

CUSCO ~ SACRED VALLEY ~ MACHU PICCHU

WILLKA T'IKA WARMLY WELCOMES YOU

Willka T'ika offers Ch'aska, Andean Star, a carefully planned fully-inclusive private program designed for couples, families and friends. Spend quality time at Willka T'ika with its renowned Sacred Gardens, experience the highlights of Cusco, the major Sacred Valley sites, and a special overnight visit to Machu Picchu. Enjoy a celebratory dinner and rest in a lodge overlooking the river. Our highly experienced and carefully chosen Peruvian guide will accompany your group at all times, sharing awe-inspiring stories of the Inca, the fascinating culture and traditions of the local Quechua, and translating the transcendent Quechua words of the Qero healers. Since 1995, this exclusive program has proven to be the perfect tour for those who want to see and experience it all, while tapping into authentic Andean spirituality.

TO DISCOVER A LUXURY RETREAT IN THE SACRED VALLEY

Willka T'ika, the perfect home base, allows guests time to tune into the pure Sacred Valley energies while enjoying the renowned Seven Chakra Gardens. Take advantage of the various Sacred Spaces; practice your own yoga in beautiful sun-filled studios, or meditate with the 1000-year-old Lucuma tree. The Yachaywasi, House of Wisdom, and Takiwasi, House of Music, both with meditational tools and fireplaces are perfect for private group gatherings and Andean ceremonies. For guests who prefer a more active program, there is much to explore in the area: safe trail options that wind up nearby valleys or hike to the town of Urubamba and visit a world-famous ceramic studio or alpaca clothing store. Guests can enter into the world of the Andean campesino, farmer, at the local, vibrant, non-touristic Urubamba market abundant with fresh produce and exotic foods.

PERFECT FOR CONSCIOUS TRAVELERS

Willka T'ika is a retreat conceived, built and maintained on sustainable principles. Savor gourmet organic vegetarian meals with freshly picked vegetables, catering to all diets. The friendly Willka T'ika Quechua staff will help coordinate your reservations for optional treatments that include solar-heated floral medicinal baths under the stars, Andean spa and massage treatments, and a Crystal Light Therapy Treatment. Fully relax in your lovely garden accommodation, or upgrade to larger luxury garden rooms.



“ABOUT OUR HOME AWAY FROM HOME”

- *Willka T'ika*, is a premier luxury garden retreat and boutique hotel, and it is the original yoga center of the Sacred Valley—serene, sustainable and enchanting.
- Renowned Seven Chakra Gardens—inspiration of the 3-time gold award-winning book “Chakra Gardens, Opening the Senses of the Soul.”
- Vibrant, organic, vegetarian meals lovingly prepared by Willka T'ika chefs.
- Two sun-filled garden studios for yoga, dance and large group gatherings.
- The round *Takiwasi* music shala with a fireplace and an array of Andean musical instruments—used for group meditations and ceremonies.
- Our *Yachaywasi* library has a cozy fireplace and a great selection of English books
- Hiking beneath magnificent Andean peaks in awe-inspiring Sacred Valley scenery.
- Exploration of mysterious ancient cities and temples of Cusco and Machu Picchu.
- Colorful, traditional *Quechua*, Incan descendants, in their mountain villages, an artist and photographer's dream.
- A professional and passionate local guide who teaches Andean spiritual traditions, culture, history and cosmology.
- Participation in ancient Incan ceremonies with authentic practicing Qero healers, who offer authentic coca leaf readings.



- Visit to an isolated mountain community.
- Experience the heartfelt practice of *ayni*, Andean reciprocity or exchange and interactive activities with the students.
- [Willka T'ika Children's Fund \(WTCF\)](#) 501(c)(3) nonprofit, assisting Quechua students from isolated subsistence-farming communities.
- The *Chaskinawasi* gift store offers unique quality jewelry, crafts and exclusive Willka T'ika products. Sales support local artists and the mission of the WTCF.



PRIVATE TOUR

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Cusco

SAT JAN 1

You will be met at the airport and transferred to your comfortable hotel near the main square of Cusco. Rest a few hours to acclimate to the altitude.

1:00 pm: Meet your guide in the hotel lobby. Willka T'ika invites you to a delicious Peruvian meal in the Plaza de Armas, the main square vibrant with local people, tourists and fascinating colonial and Incan architecture. Your professional guide will introduce you to Incan history as he leads you through the picturesque cobblestone streets of San Blas, pointing out fascinating stonework en route to the **Koricancha** Temple, the holiest site during Incan times. In the evening, rest or dine in one of the highly-acclaimed restaurants of your choice near the main square. The guide will offer suggestions. (L)

Cusco & Sacred Valley

SUN JAN 2

AM: After breakfast at the hotel, your guide will take you to the giant stones of **Saksaywaman** overlooking the city of Cusco where hike around the vast Incan site. Continue on a guided tour to the Incan ritual fountains at Tampumachay. Participate in a ceremony to honor Yaku, the spirit of water, to open the body's energy centers. A traditional coca-leaf ceremony invites you to tap into the energies of Pachamama, Mother Earth. Your guide will offer suggestions on where to lunch before departure for the Sacred Valley. En route, stop at the amazing **Moray** agricultural circles before descending through spectacular mountain scenery. If interested in wonderful traditional weaving, you may also stop in **Chincho** to visit a center.

PM: Arrive at Willka T'ika before dinner. Welcome and introduction to the Quechua WillkaT'ika family, who will take care of your needs during your stay. At that time, appointments may be made for spa treatments (B.L.D)

Fire Blessing Ceremony

MON JAN 1

AM: This day is dedicated to Pachamama, Mother Earth. A guided tour of the renowned Seven Chakra Gardens is offered. Take an optional guided walk through the nearby Rumichaka farming neighborhood where Quechua campesinos live. For active guests, enjoy more challenging hikes along scenic routes into the valley. Families can choose to go horse back riding, zip lining, rafting or biking locally—additional costs apply.

PM: Lunch at 1 p.m. After, indulge in an Andean spa treatment, yoga or read and relax in the gardens. Later in the afternoon, an optional 15-minute coca-leaf reading is offered by your *pakko* (Qero healer) visiting from the high Andes. Your guide will translate. After dinner, the *pakko* invites you to an authentic Andean offering to Pachamama, and a transformative fire ceremony beneath the stars, to honor Her, yourself and loved ones. The ceremony focuses intention for your journey and serves as a wonderful preparation of mind, body and spirit for your pilgrimage to Machu Picchu. (B.L.D)

School Visit & P'isaq

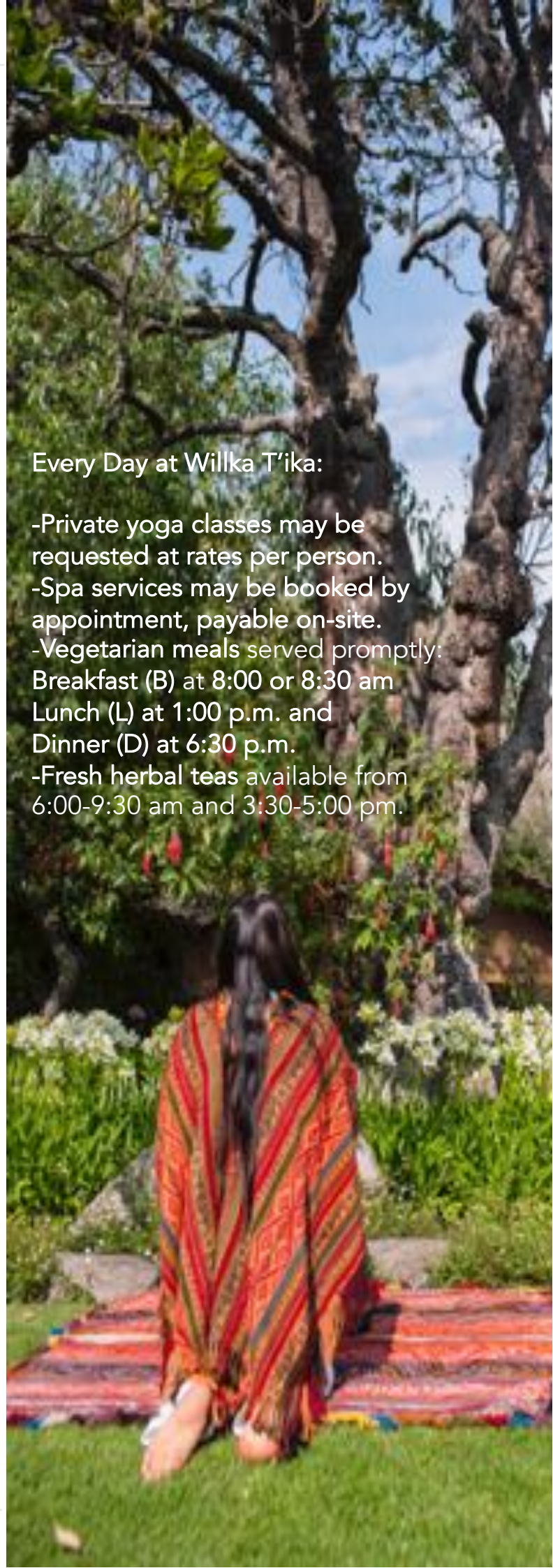
TUES JAN 1

AM: *Ayni* is Andean reciprocity. Drive through the Sacred Valley to a Quechua mountain school supported by the nonprofit Willka T'ika Children's Fund. Since 1995, Willka T'ika has supported high mountain community communities where few tourists are privileged to visit. In an *ayni* exchange, you are invited to offer an activity the children can enjoy. The warmth and heart-warming joy of the children, and their openness in bringing guests into their daily lives are special moments not easily forgotten. Afterward, enjoy a riverside bag lunch.

PM: Continue to the famous P'isaq site where you may hike along the magnificent view of the ancient terraces, and later stop by the colorful P'isaq market filled with woven goods, jewelry, wall hangings and hand-painted beadwork. P'isaq is a photographer's dream. (B.L.D)

Every Day at Willka T'ika:

- Private yoga classes may be requested at rates per person.
- Spa services may be booked by appointment, payable on-site.
- Vegetarian meals served promptly:
Breakfast (B) at 8:00 or 8:30 am
Lunch (L) at 1:00 p.m. and
Dinner (D) at 6:30 p.m.
- Fresh herbal teas available from 6:00-9:30 am and 3:30-5:00 pm.





Machu Picchu

WED JAN 1

AM: Early breakfast. Board the tourist train to Aguas Calientes, gateway to the majestic terraces of Machu Picchu. Your guide will offer a wonderful guided tour of the citadel and a moderate hike to the Incan Sun Gate, and then accompany you by bus back to your riverside lodge.
PM: Your guide will meet you outside the lodge at 6 p.m. Willka T'ika invites you to a fabulous three-course dinner in one of the finest restaurants in Aguas Calientes. (B.D)

Machu Picchu Day 2

THURS JAN 1

AM: For the second day at Machu Picchu, choose either to return to the citadel, or hike to a small museum and continue alongside the railway track to a tropical waterfall where one experiences a different climate called *ceja de selva*, brow of the jungle vegetation. You may opt to climb Huayna Picchu Peak or Machu Picchu Peak depending on ticket availability, or return to Aguas Calientes town for lunch or market shopping.
PM: Train departs in the afternoon for Ollantaytambo. Transfer to Willka T'ika in time for a late dinner at 7 p.m. (B.D)

Urubamba & Maras

FRI JAN 1

AM: Take a guided walk to the nearby town of Urubamba and experience its bustling Friday-morning colorful local market. Walk to a nearby alpaca store with their own factory that makes high-quality sweaters and clothing, and then visit the famous Seminario Pottery studio. Eat lunch on your own at recommended restaurants, and return by motor taxi back to Willka T'ika for \$1 for 2.
PM: Take a round trip hike on zig-zag paths up to the ancient Maras salt farms; or if you prefer, we can request a van at an additional cost to drop you off at the top of the salt farms and you can return by walking down the steep valley paths. For highly adventurous guests, you may also book zip-lining and/or a rock-climbing outing that includes lunch for that day. (B.L.D)



Departure

SAT JAN 1

10:00 a.m. Check-Out Time. Arrange for a personal early morning yoga and meditation session before breakfast. Your private transfer at check-out takes you to the Cusco airport for your flight home. From Willka T'ika, allow 3 ½ hours before your Cusco flight. Ideal flights depart from Cusco between 2 pm-5 p.m. For departure flights after 6 p.m., please contact our Willka T'ika office. Arrive home feeling blessed with the pure spiritual energy of your transformational Andean journey-of-a-lifetime. (B)

PERU TRAVEL & YOUR STAY AT WILLKA T'IKA

PACKING ESSENTIALS

Please see [here](#) for full details on what to pack and what you need for travelling in Peru and staying at Willka T'ika. Our yoga studios are fully equipped with mats, blocks, straps, etc. for personal use.

DINING

Gourmet organic vegetarian meals and teas/coffee are served daily, using high-protein Andean grains and legumes, as well as organic, freshly harvested vegetables and salads grown on-site. We welcome vegan, gluten-free, and special dietary requests. Willka T'ika has the only 100% hormone-free and chemical-free gourmet vegetarian hotel kitchen in Peru's Sacred Valley. Our gardens are strictly organic. Filtered water available 24/7 in dining room, and bottled water available for purchase.

SIMPLE FOR GUESTS

Willka T'ika staff will help ensure that all your trip arrangements go as smoothly as possible. Times of activities may be flexible to suit your needs. Your professional tour guide is included on all days with scheduled outings.



LOGISTICS AND PAYMENT

Willka T'ika was originally conceived and is lovingly maintained as a private garden retreat center. It is open only to registered guests.

Reservation: A nonrefundable \$750/person deposit, together with a completed registration waiver, available [here](#), confirms your private tour dates. Contact info@willkatika.com for detailed pricing. Family discount rate available for guests under 18. The final balance is due 60 days prior to your tour start date.

Arrival/Departure: Program services begin with a private transfer from the Cusco airport on Day One and end with a private transfer from Willka T'ika to the Cusco airport on Day Eight. If you wish to arrive a day earlier at the start of the program, you may request Willka T'ika to arrange an extra night in the same comfortable Cusco hotel. Please advise at time of registration.

Cost does not include:

- * International roundtrip flight to Cusco via Lima.
- * Separate airport transfers and hotel bookings.
- * Tips, sundries, alcoholic and bottled beverages, laundry and spa services.
- * Meals as noted on itinerary.

