



Machu Picchu

Midwifery and Childcare in Peru

14 – 25 November 2020

Supported by the Royal College of Midwives





Lake Titicaca

Peru - land of gold and the sun-worshipping Incas, the biggest empire in pre-Columbian America. From its tropical rainforests and indigenous tribes, to the towering Andes - where rural life has changed very little 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 most magnificent legacy of the Incas. See how both the Inca and Spanish empires left their mark on Peru.

This bespoke tour, supported by the Royal College of Midwives, combines a rich cultural programme with CPD professional visits. These visits examine midwifery in Peru, a country where the role of the midwife and natural birth is still developing.

Arrive in Lima and settle into the hotel, where you will have dinner. Spend the evening at leisure.

The city of Lima has much to offer, as you will discover on a guided tour of some of its renowned sites. Starting at the Plaza Mayor, where Lima was founded as 'The City of Kings' in

1535, see the Presidential Palace and imposing Lima Cathedral. Wander through colonial style porticoes and visit the beautiful San Francisco Church, with its catacombs containing the skulls and bones of 70,000 people. In the afternoon visit the Instituto Nacional Materno Perinatal-Maternidad de Lima, a large public hospital. Meet with the midwives who work there and see the maternity wards. In the evening there will be a welcome dinner.

The following morning visit the University San Marco, which runs a midwifery training course. There will be time to meet with lecture staff, hear about training and the challenges that



Plaza de Armas, Lima



Cobbled streets of Cusco

midwives in Peru face. After lunch there will be a panoramic bus tour of Lima taking in the modern parts of the city, including upmarket Miraflores and bohemian Barranco.

Next morning fly to Cusco, known to the Incas as the 'navel of the world'. Transfer to your hotel in the Sacred Valley, stopping en route at the Inca ruins of Sancayhuaman and Tambomachay. The rest of your afternoon is at leisure. Dinner will be served at the hotel in the evening and you will be joined by Leonie Lange, a German-born midwife who has been living in Peru for 25 years and is an expert in traditional midwifery and natural medicine.

After breakfast the next day visit the local hospital of Kausay Wasi Cosa, a privately-run rural health care centre. Meet with the local staff to learn about rural health care and the facilities available for pregnant women and during childbirth. This provides stark contrast to the medical facilities seen in Lima. In the afternoon drive through the Sacred Valley, which was the Inca heartland and is still littered with superb Inca ruins. Visit Pisac to see its citadel, which is built in the form of a partridge, spend time at its market and explore the Inca ruins.

The next day travel through the Sacred Valley, following the route of the Urubamba River to the mighty temple fortress of Ollantaytambo. Explore these magnificent ruins before spending the rest of the afternoon at leisure to relax before an early start the next day.

Next morning rise early to visit the famous Machu Picchu ruins. Take the train through the Valley beside Urubamba River to the hot spring town of Aguas Calientes - the gateway to Machu Picchu. From here take the short bus ride up to the magnificent UNESCO World Heritage Site. Spectacular Machu Picchu is a masterpiece of engineering and architecture, set on towering green peaks high in the Andes. Never revealed

Urubamba River in the Sacred Valley





In the morning set off across the spectacular altiplano to Puno and Lake Titicaca, through petrified forests and by emerald lakes, with volcanoes dotting the horizon. The road winds its way through the Andes and their jagged peaks, with many stops to admire the spectacular views along the way. One of these stops will be to visit APAINE, a healthcare establishment for poor communities in the Andes, which mainly engage with children with disabilities or in need of rehabilitation. Continue to Puno and check into your hotel, situated on the edge of Lake Titicaca.

Spend the following day exploring the impressive expanse of Lake Titicaca, the world's highest navigable lake. Visit the PIAS hospital ship, which is run by the Peruvian Navy and sails around the lake visiting remote communities to offer healthcare. Take a boat out onto the lake to beautiful Amantani Island and meet the Quechua-speaking locals, who still live a very traditional life style. Explore the Inca ruins of Pachatata on the island before returning to the mainland. That evening fly back to Lima where you will spend your final night in Peru.

The next day the morning is at leisure before flying home.

to the conquering Spaniards, it was virtually forgotten until the early 20th century. Explore the stunning mountaintop city in the company of an expert guide with time at leisure before returning to Aguas Calientes.

The following morning there is the option of a second visit to Machu Picchu in time for sunrise, or you can simply relax and enjoy the local hot springs. After lunch take the train back to the Sacred Valley and transfer to Cusco to check into your hotel.

Cusco is a fascinating city literally layered in 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. Visit the local market and meet with a herbalist to learn about traditional medicine. The afternoon is at leisure to continue exploring Cusco, to shop or simply relax.



Travel across the altiplano

Itinerary 14 – 25 November 2020

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

3 nights Lima – 3 nights Sacred Valley – 1 night Machu Picchu – 2 nights Cusco
– 1 night Puno – 1 night Lima

14 Nov (Sat) Lima **D**
Pm Arrive Lima and check into the hotel.
Eve Dinner at the hotel

15 Nov (Sun) Lima **B D**
Am Tour of colonial Lima including Plaza Mayor, Government Palace, City Hall, the cathedral and Santa Domingo Convent
Pm Enjoy a panoramic city of modern Lima, including Miraflores and Barranco
Eve Welcome dinner

16 Nov (Mon) Lima **B L**
Am Visit the University San Marco and meet with midwifery teaching staff
Pm Visit the maternity ward of Instituto Nacional Materno Perinatal- Maternidad de Lima, a public hospital

17 Nov (Tue) Lima / Cusco / Sacred Valley **B D**
Am Fly to Cusco. Transfer to the Sacred Valley via the Inca sites of Suncayhuaman and Tambomachay
Pm After lunch continue through the valley to the hotel. In the evening meet with Leonie Lange, an expert on traditional midwifery and natural medicine

18 Nov (Wed) Sacred Valley **B D**
Am Visit the Kausay Wasi Cosa, a privately-run rural health care centre, to meet staff and hear about rural health care for women and children
Pm Visit the Inca town of Pisac to explore its famous ruins and market

19 Nov (Thur) Sacred Valley **B D**
Am Visit the Inca town of Ollantaytambo and explore the Inca fortress
Pm Return to the hotel and at leisure

20 Nov (Fri) Sacred Valley / Machu Picchu **B L D**
Am Rise early to take the train to Aguas Calientes and take a guided tour of Machu Picchu
Pm After lunch return to Aguas Calientes. At leisure or visit the hot springs

21 Nov (Sat) Machu Picchu / Cusco **B L**
Am Option to return to Machu Picchu, or at leisure
Pm After lunch take the train back to Cusco and check into the hotel

22 Nov (Sun) Cusco **B D**
Am Visit San Pedro Market and meet with a local herbalist to learn about traditional medicine. Walking tour of Cusco's historic centre, including Santo Domingo Monastery and the cathedral
Pm Afternoon at leisure

23 Nov (Mon) Cusco / Puno **B D**
Am Drive through the Andes, stopping at APAINE, a healthcare establishment for poor communities in the Andes
Pm Arrive at Lake Titicaca late afternoon.
Eve Arrive at Lake Titicaca late afternoon
Farewell dinner

24 Nov (Tue) Puno / Lima **B L D**
Am Full day out on Lake Titicaca. Visit the PIAS hospital ship* that sails around the lake to offer medical care to the rural and isolated communities. Continue to the island of Amantani. Explore the island and meet the local people
Pm Explore the Inca ruins of Pachata before returning to the mainland
Eve Fly to Lima and check into hotel

25 Nov (Wed) Lima **B**
Am Morning at leisure before your onward international flights

* This Navy owned ship is active on the lake, so the visit will only be possible if the ship is docked in Puno



Ladies in traditional clothing



The beautiful setting of the Hotel La Casona de Yucay in the Sacred Valley

Hotels

Libre Hotel (Lima)

Modern and simply styled, the Libre Hotel is located in Lima's elegant Miraflores area. A short walk to the coast and Larcomar, it is perfectly located for exploring Lima. Rooms are spacious and bright with good amenities. The hotel has a bar, restaurant and rooftop terrace.

Hotel La Casona de Yucay (Sacred Valley)

Surrounded by magnificent mountains, this hotel offers spectacular views and a beautiful garden. The main colonial house was built in 1810 and has great charm. Rooms are spacious and comfortable and provide either mountain or garden views. The hotel has a bar and restaurant.

El Mapi Hotel (Aguas Calientes)

Located in the town of Aguas Calientes, this hotel is ideally situated for exploring the archaeological site of Machu Picchu. The light-filled rooms have panoramic windows and good amenities.

Casa Andina Cusco Cathedral (Cusco)

The hotel is just a few steps from the Plaza de Armas and the cathedral. Located in the heart of the historic centre, the hotel is ideal for exploring the city. The bedrooms are comfortable and bright.

Sonesta Posadas del Inca Hotel (Puno)

Located on the shores of Lake Titicaca, the hotel is surrounded by spectacular scenery. Rooms are modern and spacious. The hotel also has a

restaurant which offers wonderful views of the lake.

Wyndham Costa del Sol Lima Airport Hotel (Lima)

Linked directly to the airport this hotel offers comfortable modern rooms. Its location is convenient for connecting with domestic and international flights.



Relax by Lake Titicaca at the Sonesta Hotel (top);
A room at the El Mapi Hotel, Aguas Calientes (above)

Tour Leader

Dame Cathy Warwick CBE was Chief Executive of the Royal College of Midwives for 9 years and now works independently. Cathy is also Honorary Professor of Midwifery and an Honorary Professor of Midwifery at Kings College London. In 2006 she was awarded a CBE for services to Midwifery and Healthcare and in 2017 was made a Dame. Cathy lectures, writes and advises on midwifery issues with a particular interest in the organisation of care and the promotion of choice for women. Cathy has travelled widely both on her own and with her family, visiting midwifery units in America, Sri Lanka and South Africa and has previously led successful midwifery study tours to China, India, South Africa, Nepal, Brazil, Cuba, Vietnam and Sri Lanka.

Second Entrance to Machu Picchu

On the morning of 21st November there is the option to re-visit Machu Picchu. These tickets have to be purchased in advance as only a limited number of people are allowed into the site each day. If you would like to visit for a second time, please let us know as soon as possible so we can arrange your tickets. These will be added to your invoice and are non-refundable once purchased. For ticket prices please contact us.

Are you attending the **ICM Triennial Congress** in **Bali** in June 2021? Jon Baines Tours will be at stand 21 at the Congress, so if you are please do drop by and say hello.



32nd ICM Triennial Congress
Indonesia 30 May - 3 June 2021
Midwives of the World: delivering the future

The cost of the tour is USD \$4,895

The cost includes:

- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and 4-star hotels

The single room supplement is: USD \$695

- Tour leader (Dame Cathy Warwick)
- Meals on a half board basis, breakfast daily with either lunch or dinner
- English speaking local guides
- A full programme of cultural and professional visits as per the itinerary
- Admission fees where applicable
- All transport within Peru including domestic flights to Cusco and back to Lima
- Tips
- A reusable water bottle to refill throughout the tour

The cost excludes:

- International flights and airport transfers
- Meals not mentioned and drinks
- All personal extras such as portorage, laundry and inoculation fees
- All optional extras tours and visits
- Travel insurance
- Visa (if required)

Flights

International flights are not included in the cost of the tour, but we can assist in booking these – please contact us for a quote.

The tour ends in Puno on the 24th November. The flight from Puno back to Lima is included in the cost of the tour. We will schedule this flight for early afternoon as most International flights depart Lima in the evening. If your flight leaves earlier in the day, please let us know so we can arrange an appropriate flight from Puno to Lima for you.

Pre and Post tour rates

We can arrange additional room nights if you would like to extend your time in Lima before or after the tour. The cost of a room at the Libre Hotel, Lima will be **USD \$132** pp sharing or **USD \$118** for a single room.

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.



Child with llama (top); Inca ruins at Ollantaytambo; Cusco; Amantani Island, Lake Titicaca (above)

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Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com



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