



Machu Picchu

Midwifery and Childcare in Peru

4 – 15 June 2022

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 onto 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.

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.



Cobbled streets of Cusco



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



Day 1: Lima (Sat, 4 Jun) **D**

Pm: Arrive Lima and check into the hotel.

Eve: Dinner at the hotel and at leisure.

Day 2: Lima (Sun, 5 Jun) **B D**

Am: The city of Lima has much to offer, as you will discover on a guided tour 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.

Pm: Panoramic bus tour taking in modern Lima, including upmarket Miraflores and bohemian Barranco.

Eve: Welcome dinner.

Day 3: Lima (Mon, 6 Jun) **B L**

Am: Visit the University San Marco, which runs a midwifery training course. Meet with lecture staff, hear about training and the specific challenges faced by local midwives.

Pm: Visit the Instituto Nacional Materno Perinatal-Maternidad de Lima, a large public hospital, to tour the wards and meet its midwives.

Day 4: Lima / Cusco / Sacred Valley

(Tues, 7 Jun) **B D**

Am: 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.

Pm: Afternoon at leisure. Leonie Lange, a German-born midwife who has been living in Peru for 25 years and an expert in traditional midwifery and natural medicine, will join you for dinner at the hotel.

Day 5: Sacred Valley (Wed, 8 Jun) **B D**

Am: 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.

Pm: 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.

Day 6: Sacred Valley (Thur, 9 Jun) **B D**

Am: Follow the route of the Urubamba River to the mighty temple fortress of Ollantaytambo and explore these magnificent ruins.

Pm: Return to the hotel and spend the rest of the afternoon at leisure before an early start the following day.

Day 7: Sacred Valley / Machu Picchu

(Fri, 10 Jun) **B L D**

Am: Rise early and take the train through the valley beside Urubamba River to the hot spring town of Aguas Calientes. 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 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.

Pm: After lunch return to Aguas Calientes. At leisure or visit the hot springs.

Day 8: Machu Picchu / Cusco (Sat, 11 Jun) B L

Am: There is the option to visit Machu Picchu again in time for sunrise, or you can simply relax and enjoy the local hot springs.

Pm: After lunch take the train back to the Sacred Valley and transfer to Cusco to check into your hotel.

Day 9: Cusco (Sun, 12 Jun) B D

Am: 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.

Pm: The afternoon is at leisure to continue exploring Cusco, to shop or simply relax.

Day 10: Cusco / Puno (Mon, 13 Jun) B D

Am: 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 offers spectacular viewpoints 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.

Pm: Continue to Puno in the late afternoon and check into your hotel, situated on the edge of Lake Titicaca.

Eve: Farewell dinner.

Day 11: Puno / Lima (Tues, 14 Jun) B L D

Am: Explore 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 to beautiful Amantani Island and meet the Quechua-speaking locals, who still live a very traditional lifestyle.

Pm: Explore the Inca ruins of Pachatata on the island before returning to the mainland.

Eve: Fly back to Lima where you will spend your final night in Peru.

Day 12: Lima (Wed, 15 Jun) B

Am: Depart Lima.

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



Urubamba River in the Sacred Valley



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, in the heart of the

historic centre. 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 with modern and spacious rooms. The hotel restaurant 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 in a convenient location.



Relax by Lake Titicaca at the Sonesta Hotel



Travel across the altiplano

Second Entrance to Machu Picchu

On the morning of 11th June 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.

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.

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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