



Peru



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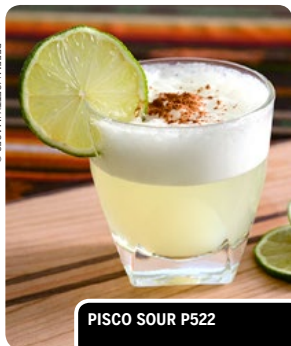
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Itineraries



Greatest Hits Express

This strictly greatest-hits itinerary best suits those with only time enough for a first taste of Peru.

Start your journey in **Lima**; sleep in at cozy Barranco lodgings and find a ceviche restaurant for a leisurely seafood lunch with a touch of pisco. Follow it up by visiting museums in Lima Centro or by renting bikes to pedal the clifftops via the parks of Miraflores.

Fly early the next day to Cuzco, transferring immediately to the lower **Sacred Valley** to acclimatize for several days. Explore the market and ruins of Pisac, tour Moray and Maras, perhaps by mountain bike or on foot. With ancient **Ollantaytambo** as your base, take the train to Aguas Calientes for a day of exploration in the world-famous Inca citadel **Machu Picchu**. From here, take the train to Estación Poroy so you can spend your last day tripping the cobblestones of wonderful **Cuzco**, with museum visits, arts and crafts shops and great restaurants. If you can, squeeze in an evening visit to the planetarium.

Fly back to Lima for your final hurrah, with perhaps a food tour before checking out the club scene before you head back home.



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Top: *Chullpa* (funerary tower), Sillustani (p187)
Bottom: Huacachina (p127)



3
WEEKS

The Gringo Trail

This trip hits some of the preeminent highlights of the continent incorporating an irresistible Peruvian potpourri of ancient ruins, rugged trekking and muscular colonial-era architecture.

Linger briefly in **Lima** before dragging yourself away from the gourmet restaurants and foggy clifftops of Miraflores to journey south to **Pisco** and **Paracas**, where you can boat to the wildlife-rich **Islas Ballestas**, lodging in Paracas. The nearby desert reserve with its archaeological remains and spectacular arid coastline will fill another day of quiet exploration. Then it's on to **Ica**, Peru's wine and pisco capital, and the palm-fringed, dune-lined oasis of **Huacachina**. Famous for sandboarding, this is a good place to overnight. Next is **Nazca** for a flight over the mysterious Nazca Lines.

Turn inland for the 'White City' of **Arequipa**, with its colonial architecture, excellent cuisine and giant monastic complex. Take a bus or car over the 4910m Paso de Patopampa for some trekking in the incredible **Cañón del Colca** with its ancient agricultural terraces or the remote **Cañón del Cotahuasi**, the world's deepest. Alternatively, you can opt to climb **El Misti**, an almost perfectly symmetrical 5822m volcano. Continue upwards to **Puno**, Peru's port on **Lake Titicaca**, the world's highest commercially navigable lake. From here you can boat to traditional islands and explore the strange *chullpas* (ancient funerary towers) at **Sillustani** and **Cutimbo**. It is also possible to make a short (or long) visit to Bolivia by continuing on to the towns and islands on the lake's southern shore.

Wind through the Andes to the former Inca capital of **Cuzco**, South America's oldest continuously inhabited city. Bag a comfortable hotel, browse colorful markets and explore archaeological sites in the **Sacred Valley**, then trek to **Machu Picchu** via an adventurous alternative route. Creative options include a mixture of jungle hiking, mountain biking and even rafting.



4
WEEKS

The Best of Peru

If you're set on getting a taste of everything, this whirlwind tour hits Peru's top must-see attractions. Give yourself a full month to take it all in.

Conquer your jet lag by becoming acquainted with the exquisite tastes of Peru in the restaurants of **Lima**, strolling in parks and museums between meals. Head south through the coastal desert for a flyover of the **Nazca Lines** before arriving in stylish, cosmopolitan **Arequipa**, with its mysterious monasteries, deep canyons and smoking volcanoes.

Fly high into the Andes to reach the ancient Inca capital of **Cuzco** for a few days of acclimatization, exploring the cobblestone city and visiting **Sacred Valley** villages to check out colorful markets selling textiles, talismans and dozens of types of tubers. Then board the train to **Machu Picchu**, the most visited archaeological site in South America.

From Cuzco, fly to **Puerto Maldonado** (or brave the 10-hour bus ride) where you can kick back at a wildlife lodge along one of the mighty rivers of the Amazon Basin. Alternatively, take an overland tour from Cuzco to the **Manu area**, with remote tracts of virgin forest holding diverse animals, from kinkajous to caimans; it's one of the most biodiverse areas of the planet. Another option for exploring the Amazonian *selva* (jungle) is to first fly back to Lima, then onward to **Iquitos**, a bustling port that will launch you deeper into the jungle.

Back in Lima, take a bus or fly north to the adventurers' base camp of **Huaraz**, where a short trek will take you to the precipitous peaks of the **Cordillera Blanca**. A day trip to Chavín de Huántar will lead you to one of Peru's oldest ancient sites. Head back down to the coast at **Chimbote**, then dash north to historic **Trujillo**, which offers spicy northern dishes, surrounded by a cornucopia of archaeological sites. These include the ruins of the largest pre-Columbian city in the Americas, Chan Chan, and the fascinating Huacas del Sol y de la Luna. Finish up the journey by taking a seaside break at the bustling surf town of **Máncora**.



2
WEEKS

The Inca Heartland

Follow this trail to soak in the most potent Inca sites and the altiplano (Andean plateau).

From Lima, fly to Cuzco but travel to the lower **Sacred Valley** to spend your first few days acclimatizing to the altitude. Visit the bustling market of **Pisac**, see the ruins and ride horses at **Moray** and **Maras**. The best accommodations are in the quaint Inca village of **Ollantaytambo**, at a swanky valley resort or area B&B.

From Ollantaytambo, hike the town ruins in the morning or visit the cool salt pans of **Salineras** and take an afternoon train to **Aguas Calientes**. Enjoy a leisurely dinner and go to bed early to take the first bus to the great Inca citadel of **Machu Picchu**.

The following morning, hop on the train to **Cuzco**. Now that you're acclimatized, spend a few days enjoying the charms of this former Inca capital, taking a walking tour, visiting a few museums, admiring the splendors of Qorikancha, the Inca's most spectacular temple, and enjoying the city's outstanding cuisine.

Grab a comfortable tourist bus (or take the historic train) to the altiplano city of **Puno**. If you can coincide with a festival, this is the place to do it, with wild costumes, brass bands and fervent merriment. Otherwise, take in folkloric music at a dinner show or adventure to aquatic accommodations on the retired steamship *Yavari*.

From your base in Puno, the funerary towers of the Colla, Lupaca and Inca cultures can be found at **Sillustani** and **Cutimbo**, an easy day trip, and worth combining with lovely **Lampa** and its historic church. Take a boat tour of **Lake Titicaca**, visiting the famous reed islands and staying overnight in traditional family lodgings on **Isla Amantani**. If you have a few extra days, take a catamaran tour, which also visits the Bolivian islands of **Isla del Sol** and **Isla de la Luna**, landing you in **Copacabana**, from where you can take a tourist bus back to Puno. Returning to Puno, explore the rural coast of the **Capachica Peninsula**, home to places still steeped in the ancient traditions of the altiplano with nary another traveler in sight.

Get ready for the culture shock of big-city living, and fly back to Lima.



4
WEEKS

Exploring Amazonia

More than half of Peru is jungle, populated by spectacular wildlife and tribal peoples. Go overland and drop dramatically away from the eastern slopes of the Andes to slip deep into the Amazon Basin, which stretches all the way to the Atlantic. This entire itinerary takes a month, or it can be divided by region into one- or two-week segments.

The most popular excursion starts from **Cuzco** and heads to the **Manu area**, itself the size of a small country, albeit one with kingdoms of jungle lodges. Another option is to fly from Cuzco to **Puerto Maldonado** and relax in a thatch-roofed bungalow with a view, either along the **Río Madre de Dios**, the gateway to lovely **Lago Sandoval**, or along the **Río Tambopata**, where a national reserve protects one of the country's largest clay licks. The dry season (July and August) is traditionally the best time to return overland back to Cuzco, although the recent paving of this route means it's now possible outside these months.

Alternatively, return to Lima and turn your focus to the north. The easiest way to get there is to fly from Lima to **Pucallpa**, a city experiencing a resurgence in popularity, and stay in a lodge or a bungalow in the nearby traveler hangout of **Yarínacocha**. The lovely oxbow lake is ringed by tribal villages. You can visit some of these, including those of the matriarchal Shipibo people, renowned for their pottery. Hardcore overland travelers can opt to reach Pucallpa from Lima via a multiday river trip to **San Ramón**, a coffee-growing settlement.

From **Pucallpa**, begin the classic slow riverboat journey north along the **Río Ucayali** to **Iquitos**, the world's largest city with no road access. This northern jungle capital has a buoyant cultural and nightlife scene, a floating market and a bustling port, where you can catch a more comfortable cruise into Peru's largest protected space, **Reserva Nacional Pacaya-Samiria**. You can also access Iquitos flying from Cuzco. It's also tempting to float over into Colombia or Brazil via the unique **Tri-Border Zone**.

It's best to fly if your time is limited; if not, lose yourself for weeks on epic river and road journeys through jungle terrain. Bring bucketloads of patience and self-reliance – and a lot of luck never hurts.

2
WEEKS

North Coast

Explore beaches and ancient civilizations heading toward Ecuador.

Head north from Lima to **Caral**, where South America's oldest known civilization arose. Further north, spy engravings of human sacrifice at **Sechín** and continue to **Trujillo**. Also see the Moche pyramids, the ruins of the once-mighty Chan Chan and the Museo Arqueológico Municipal de Moche. Off the beaches at **Huanchaco** surfers hit the breakers while local fishers trawl the coast. To the north, **Puerto Chicama** boasts one of the world's longest left-hand breaks. The tiny town now has a wonderful new boardwalk overlooking the action.

Then on to **Chiclayo**, with world-class museums showcasing riches from the important archaeological site of Sipán. Craft-market hub **Piura** boasts great dining, while the witch doctors of **Huancabamba** are tucked into the Andes. Peru's best beaches lie north, with resorts such as **Colán**, **Mánacora** and **Punta Sal**; linger here to feast on seafood and dance the balmy nights away.

The journey ends at **Tumbes**, gateway to Ecuador and jumping-off point to Peru's endangered mangrove swamps.

2
WEEKS

The Wild & Ancient North

Explore little-known highland ruins, ending up at the wonders of the Peruvian Amazon.

From **Lima**, head to **Trujillo**, sampling the fiery coastal cuisine and exploring nearby ruins at Chan Chan and Huacas del Sol y de la Luna. From here, take the freshly paved scenic highway to Cajamarca via the mountaintop ruins of **Marcahuamachuco**.

Cajamarca is where the conquistadors captured Inca Atahualpa. In the dry season, travel along the spectacular route to **Celendín** and **Leimebamba** to see the local museum displaying pre-Colombian mummies. Continue on to **Chachapoyas** where the cloud forest obscures the fantastic monolithic fortress of Kuélap.

From Chachapoyas, journey via **Pedro Ruíz** to **Tarapoto**, where you can hike in lush forest to waterfalls. Next, fly to the jungle city of **Iquitos** or continue via **Yurimaguas**, where cargo boats make the rugged two-day trip to Iquitos via the village of **Lagunas**, the western entry point to the **Reserva Nacional Pacaya-Samiria**, for an unforgettable glimpse of the world's greatest river basin. At Iquitos, you can arrange boat trips that go deeper into the rainforest and on to Brazil or Colombia.

Behind the Scenes

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OUR READERS

Many thanks to the travelers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Adriana Chávez, Anak Surasarang, Andreas Sampson Geroski, Arkadiusz Rubajczyk, Carolien Out, Carolyn Larson, Celia Marsh, Christopher Denton Brown, David G Sime, Davide Amato, Deborah Walnicki, Elena Sabella, Esme Duncan, Fabian Seidt, Fabrice Moreau, Gregory A Reynolds, Hannako Bakker, Helene Seliger, James Michie, John Boduch, Judith Nijenhuis, Julie Bennett, Karen Brannen, Katrien Hoebeke, Katrin Flatscher, Kiki Bals, Laurel Erickson, Linda Arteaga, Lucy Warren, Manuel Montano, Marcial Ortiz, Maya Wodnicka, Michiel Vereijken, Ming Yee, Nicole Sheppard, Olga Cirera, Oshun Durga, Ovide Labrie-Pageau, Patrick Westbroek, Paul Cook, Peter Forrest, Peter Sugden, Sara Brannon, Sheila Ross, Stefan Prasser, Tim Laslavic, Tobias Winter, Tom Grainger, Tristan Schonis

WRITER THANKS

Brendan Sainsbury

Muchas gracias to all the skilled bus drivers, helpful tourist information staff, generous hotel owners, expert *lomo saltado* makers, and innocent passers-by who helped me, unwittingly or otherwise, during my research trip. Special thanks to Marie Timmermans at Quechuandes; Fredy, my superb driver in the Cordilleras; José at Chachapoyas Backpackers; and my fellow LP scribe Luke Waterson for his company hiking around Huaraz.

Alex Egerton

Major gratitude to all the wonderful staff from Promperu, who went above and beyond in every way imaginable. Thanks also to all the ordinary Peruvians whose pride for their country is infectious and makes working on the ground such a pleasure. And big props to Olga Mosquera for keeping things running at home, and to Nicholas Kazu for the patience.

Mark Johanson

Muchas gracias to all the people who warmed my heart and filled my belly. Thanks to Felipe Bascuñán for allowing me to be gone from home for so many weeks, and to Tomas Sivila, María Fernanda Alandía, Alex Villca Limaco, Raul Mendoza, Augusto Aruquipa Coromi, Rosa María Ruiz and Jose Antonio Diaz for being fountains of knowledge along the way.

Carolyn McCarthy

Many thanks go out to the Peruvian chefs and street vendors who played a key role in my contentment. I am also grateful for the friendship, advice and assistance of Jorge Riveros Cayo, Arturo Rojas, Mandy Kalitsis, Louise Norton, Elizabeth Shumaker, John Leivers and Illa Liendo. To my hard-working co-authors, a chilled pisco sour and cheers.

Phillip Tang

Muchísimas gracias a Bernardo Ocsa y Raúl por Sibayo y cañones. In Arequipa, thanks to Kevin for the great night, Manuel Anthony Carpio Ortiz for Callejón del Solar, Felipe for music, Matt for a bridge with a view, and Moral for hospitality. In Lima, *gracias Giancarlo Ramirez Mazza* for stylish moves and to Chin for welcoming me. *En Puno, gracias Joaquín Eduardo por el frappe y 15 minutos de fama, desde chini; gracias Omar y Verónica en iPerú.*

Luke Waterson

The honors list of those who gave a helping hand this edition is vast. Special mentions are as follows: in Iquitos, Marmelita and the guys at Casa Celestial; in Pucallpa, Kyle; in Oxapampa, Bertl; in Manu, Ryse; in Puerto Maldonado, Gerson; in Tingo Maria, Graciela; in Tarma, Pepe and Inge; in Huancayo, Lucho; in Ayacucho, Pauline and Emilie.

ACKNOWLEDGEMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', Hydrology and Earth System Sciences, 11, 1633-44.

Cover photograph: Inca terraces, Moray, Cusco, Douglas Peebles/AWL ©; Illustration p258-9 by Michael Weldon

THIS BOOK

This 10th edition of Lonely Planet's *Peru* guidebook was researched and written by Brendan Sainsbury, Alex Eger-ton, Mark Johanson, Carolyn McCarthy, Phillip Tang and Luke Waterson. The previous two editions were written by Alex, Brendan, Carolina A Miranda, Carolyn, Greg Benchwick, Kevin Raub, Luke and Phillip. This guidebook was produced by the following:

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Hattam, Amy Lynch, Louise McGregor, Alison Morris, Kristin Odijk, Claire Rourke, Fionnuala Twomey

Cover Researcher Wibowo Rusli

Thanks to William Allen, Imogen Bannister, Hannah Cartmel, Heather Champion, Sandie Kestell, Lauren O'Connell, Genna Patterson, Victoria Smith, Gabrielle Stefanos, Angela Tinson

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LONELY PLANET **IN THE** WILD

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We share the best on our Facebook page every week!

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping
- Hut/Shelter

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway/Subte station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



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OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

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Published by Lonely Planet Global Limited

CRN 554153

10th edition – June 2019

ISBN 978 1 78657 382 7

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10 9 8 7 6 5 4 3 2 1

Printed in China

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