



## Legendary PERU

### GASTRONOMY

	SERVICE	LENGTH	DEPARTURE	PAX	SEASON	LEVEL	TYPE*
<b>Arequipa</b>							
The encounter with cacao	SIC	2.30h	Daily	2/7	All year round	Easy	S
Arequipa's Picanterias	PVT	3h	Daily	2/+	All year round	Easy	S
<b>Cusco</b>							
Visit to the market + demonstrative cooking class	PVT	3h	Daily	1/+	All year round	Easy	S
Pachamanca at the Sacred Valley	PVT	7h	Daily	1/+	All year round	Easy	E
Inca outdoor cuisine	PVT	7h	Daily	2/+	All year round	Easy	E
Lunch at the Skylodge	SIC	7.30h	Daily	2/12	All year round	Easy-Moderate	E / A
<b>Lima</b>							
Lecture, cocktails, and class of Peruvian cuisine	PVT	3h	Daily	1/+	All year round	Easy	S
Bike & food	SIC / PVT	4h	Daily	2/+	All year round	Easy	S
At the chef's house	SIC / PVT	AM 5.30h PM 4.30h	Daily	2/+	All year round	Easy	S / L
Day tour	SIC / PVT	5h	Daily	1/6	All year round	Easy	S
Night tour	SIC / PVT	5h	Daily	1/6	All year round	Easy	S

\*S = standard; A = adventure; E = special; L = luxury

**B** Breakfast **BL** Box lunch **L** Lunch **D** Dinner

#### AREQUIPA: THE ENCOUNTER WITH CACAO

Timetable: 11am-13.30pm and 14.45pm-17.20pm

These are classes dictated by an expert chef in the preparation of the use of cocoa, in a colonial house of Sillar, a raw material in the city of Arequipa that comprises of two levels.

The first level is the store where we can see a variety of handmade chocolates for sale. Going to the second level, there is an area where we find a bar where chocolate is sold and more than 50 varieties of artisan beer. It is here, where after selecting cocoa, it is roasted while the chef explains the history of chocolate, how it came from the old American tribes to be the bar chocolate that we currently find in the stores. Then, peel and taste the pure cocoa, to continue with the preparation of the first old drink cast by the ancient natives of America, which is the "chocolat". Then, on the first level, we will start making chocolates of different flavors. Once finished, you will return to the second level to learn how to taste chocolate and differentiate a true chocolate from a fake one.



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### **THE PROGRAM INCLUDES**

Transfers / Prepared chocolate tasting / English-speaking guide

### **THE PROGRAM DOES NOT INCLUDE**

Overnights at Arequipa

## **AREQUIPA: AREQUIPAS' PICANTERIAS**

Timetable: 10am-1pm

Culinary experience in Arequipa with interactive classes of local cuisine with the conduction of Mr. Roger Falcón, son of the owner of one of the most typical chili peppers in Arequipa, which is located in the district of Characato. Roger, with the utmost intelligence, has achieved the mixture of the ancestral knowledge of his lady mother with his new culinary concepts, opening in the center of Arequipa the Benita de los Claustros (Cloisters), and Victoria in the second block of San Francisco Street. Between the story of stories and anecdotes purely arequipeñas, Roger combines his knowledge and studies on traditional Arequipeña cuisine and customs in a genuine atmosphere of hot pepper showing 500 years of gastronomic history, architecture, Ideology, etc.

### **THE PROGRAM INCLUDES**

Transfers / Tasting of prepared stews / English-speaking guide / Cookbook, utensils and apron for preparation / Certificate / Walking visit to the market of San Camilo for recognition, collection, selection and purchase of products and kitchen supplies.

### **THE PROGRAM DOES NOT INCLUDE**

Overnights at Arequipa

## **CUSCO: VISIT TO THE MARKET AND DEMONSTRATIVE COOKING CLASS**

Visit the **San Pedro market**, the best in the city. After that, go to the restaurant to take a demonstrative cooking class. Finally, taste a lunch.

### **THE PROGRAM INCLUDES**

Transfers / English-speaking guide / Visit to the mentioned places / Participative cooking class / Apron, gloves, cap / Tasting

### **THE PROGRAM DOES NOT INCLUDE**

Overnights at Cusco



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### CUSCO: PACHAMANCA AT THE SACRED VALLEY 🇵🇪

Transfer from the hotel for a visit to the local marketplace in Urubamba, the Sacred Valley. Transfer to the lunch site where the chef will teach how to prepare a pachamanca. After participants prepare ingredients and place them underground, the ceremony to the *Pachamama* will take place. Following lunch, transfer to the hotel.

**Pachamanca** is a typical dish from ancient Peru made of various kinds of meat, potatoes, corn and Andean aromatic herbs, and is cooked underground with firewood and boiling hot stones while plantain leaves separating the food from the rocks and soil.

#### THE PROGRAM INCLUDES

Transfers / English-speaking guide / Visit to a local market / Pachamanca: cook, dining room and ménage / soft drinks, wine / Pachamama ceremony with shaman

#### THE PROGRAM DOES NOT INCLUDE

Overnights at Cusco or Sacred Valley

### CUSCO: INCA OUTDOOR CUISINE 🇵🇪

Transfer to a local food market, where you will receive a briefing by our chef about local ingredients, and will have the opportunity to buy them, interacting with local sellers and a completely experiential sojourn in a traditional Andean market. Then, we will move onto an awesome viewpoint where you will receive an extraordinary cooking lesson in the outdoors. You will interact with the chef while preparing exquisite dishes based on the ingredients seen in the local market. A mixture of awesome views, exquisite tastes, cultural immersion and wine and pisco sour testing will be the perfect combination of senses that will transport passengers through a remarkable experience.

#### THE PROGRAM INCLUDES

Transfers / English-speaking guide / Picnic tent / Dining manage / Cooking gear & ingredients / One kind of wine to enjoy your meal. One bottle for every 3 people / Pisco sour tasting / Visit and interaction at local market / Cooking lesson and recipes / Toilet facilities / Sanitation care

#### THE PROGRAM DOES NOT INCLUDE

Overnights at Cusco

### CUSCO (SACRED VALLEY): LUNCH AT THE SKYLODGE 🇵🇪

Enjoy a delicious 4-course lunch on Sacred Valley of the Incas, with the best view of this place and the experience of climbing a mountain of 400 meters by via ferrata and descend by zip-line.

09.30 Transfer to Pachar arriving at 10.45

11.15 Climb to the Skylodge by via ferrata or zip-line

12.15 Lunch at the Skylodge

13.30 Descend by zip-line or rappel

15.30 Transfer to Cusco arriving at 17.00



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### THE PROGRAM INCLUDES

Transfers / English-speaking guide / 4-course lunch with alcoholic and non-alcoholic beverages / Via Ferrata equipment (harness, helmet, via ferrata set, gloves) / Zip-line equipment (harness, helmet, zip-line set, gloves).

### THE PROGRAM DOES NOT INCLUDE

Overnight Cusco

## LIMA: LECTURE, COCKTAILS AND PERUVIAN CULINARY CLASS

El Señorío de Sulco Restaurant where Isabel Alvarez, director, sociologist and researcher of the Peruvian cuisine will provide a general view of the origins of Peruvian cuisine, its influence, basic ingredients, major dishes, and trends. Then, the bartender will show and prepare two classic Peruvian cocktails: Pisco Sour and Pisco Chilcano. Afterwards, preparation of Peruvian signature dishes with a brief description of the ingredients to use and a step-by-step explanation and techniques for each dish.

### THE PROGRAM INCLUDES

English-speaking guide / Lecture about the history of the Peruvian cuisine / Demonstration of Peruvian cocktail / Demonstration of Peruvian cuisine / Lunch

### THE PROGRAM DOES NOT INCLUDE

Overnights at Lima / Transfers

## LIMA: BIKE & FOOD

Departure: Monday to Saturday 9.30am, Sunday and holiday at 11am

We start in Miraflores and headed to the "Malecón" where we will enjoy the spectacular view of the Bay of Lima. Then, we will visit different restaurants to taste *ceviche*, *trío de causas* and *lomo saltado*. As desert, we can choose between a homemade ice cream or some *picarones* (sweet potatoes, pumpkin, clove and cinnamon). Finally, some craft beers will be waiting for us to start the way back.

### THE PROGRAM INCLUDES

Spanish or English speaking guide for SIC and English or German speaking guide for private / Bikes and safety equipment / Meals mentioned in the activity

### THE PROGRAM DOES NOT INCLUDE

Transfers / Overnights at Lima



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### LIMA: AT THE CHEF'S HOUSE 🇵🇪 / 🇩🇪

This is the opportunity to enter in a Peruvian House to prepare Peruvian dishes in the traditional way. All under the chef's instructions in a nice rooftop terrace, open air environment, but sheltered. In other words, the chef opens his house inviting you to cook with him.

#### AM: 09.00 – 14.15

09.00 Meeting with the guide at the market's entrance and visit the place

10.10 Taste 35 Peruvian fruits

11.00 Cooking class at the chef's House and lunch

14.30 End of the experience

#### PM: 15.00 – 19.30

15.00 Meeting with the guide at the market's entrance and taste 35 Peruvian fruits

16.00 Cooking class at the chef's house and dinner

19.30 End of the experience

#### NOTES:

- Minimum 4 pax on Saturday night, Sunday and holidays
- It is possible to take only the cooking class (AM or PM) or tasting fruits plus the class (only AM)
- Vegetarian option is available
- Private Service is available (ask rates)

#### THE PROGRAM INCLUDES

English or German speaking-guide / Visit to the market (only AM) / Tasting of Peruvian fruits / Cooking class at the chef's house / Lunch or dinner

#### THE PROGRAM DOES NOT INCLUDE

Overnights at Lima / Transfers

### LIMA: DAY TOUR 🇵🇪

Transfer from the hotel (9:45am) to the colonial and bohemian quarter of Barranco to visit a small shop of **artisan roasting coffee** where every day, best-quality beans are selected to produce the best Peruvian organic coffee in town. Following this, we will visit a secret garden to try a *lucuma* milkshake right underneath the tree that bears this fruit. We will then go to a **traditional marketplace** in the San Isidro district to try some local fruits and know about their influence in the international cuisine development. The following stop is at the Embarcadero 41 Restaurant, one of the best ceviche spots located in the Miraflores district. Here, you will have the opportunity **to prepare Pisco sour** with a professional bartender, and will discover **the secrets for a perfect ceviche** by preparing it along with the main chef. Our last stop will be at the Huaca Pucllana for a **gourmet Peruvian lunch**. Finally, after our five-hour tour, we will transfer back to the hotel.

#### THE PROGRAM INCLUDES

Transfers / English-speaking guide / Visit to the mentioned places / Peruvian testing fruit / Lunch



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### THE PROGRAM DOES NOT INCLUDE

Overnights at Lima

### LIMA: NIGHT TOUR

Transfer from the hotel (4.30pm) to the colonial and bohemian quarter of Barranco to La Trastienda Restaurant where you will have a dazzling view of the coast of Lima. Here, a professional bartender will share his secrets for a perfect **Pisco sour**, so you will impress your friends with when you return back home. After this refreshing cocktail, we will get a jungle taste by visiting the Arnaz Restaurant, so appraised for its cheerful and cozy design, and for its culinary creations too.

You will try **Amazonian dishes and cocktails**. The next stop will be at the prestigious Huaca Pucllana Restaurant, located inside the illuminated archeological site bearing the same name and which ruins are dated at 500d.C. As an evening finale, we will go to the bohemian quarter of Barranco for **dessert** to end our five-hour tour and then, transfer to the hotel.

### THE PROGRAM INCLUDES

Transfers / English-speaking guide / Visit to the mentioned places / Dinner

### THE PROGRAM DOES NOT INCLUDE

Overnights at Lima