

# PERU

## A High Mountain Initiation Journey

Vilcabamba to Machu Picchu

*The Last Spiritual Capital of the Inka to the City of Light*

May 20-June 2, 2012



*This unique journey will follow the Initiation footsteps of Mountain Shamans from **Vilcabamba** to **Machu Picchu**. Our journey will follow primary Cebes (spiritual communication lines that connect the flow of energy between people and places); pathways used for centuries, to the sky altars of Mountain Pakos or shamans. This high altitude journey will explore the rare Mountain Rites of Passage and spiritual traditions. It is said that their legendary body of knowledge is stewarded by the current Mallkus or spiritual leaders still in retreat in those isolated mountain quarters.*

*A group of shamans from different traditions will be with us throughout our journey as our travelling companions and will take the ceremonial and spiritual leadership throughout the journey. You will have the opportunity to interact on a personal level with the medicine people daily and receive healings and spiritual guidance.*

*Healings, talks, explorations, and ceremony are the common denominator of all our activities. Physical fitness is a must for the strenuous journey. An experienced mountain team, gourmet meals, and excellent camping equipment will make our experience comfortable. We will be journeying with a small, intimate group of adventurers from around the world.*

## The Adventure Begins!

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The adventure begins in the **Sacred Valley of the Incas**, a wide and deep gorge carved by the Urubamba River that later becomes the Amazon. In this magnificent setting we will be guests to medicine people who will lead us in prayers, meditation, and ceremony in timeless temples perched on mountaintops. These ceremonies will act as a reflection of our intent and preparation for our journey to Vilcabamba.

The fabled **Vilcabamba** or "Sacred Abode" is one of the least explored and unknown regions in the Andes that never fell to the Spanish Conquistadors. **This is perhaps the ultimate journey in Peru because of the rugged remoteness and pristine landscapes of the ancient Inkas.** The trail is abundant with remains of temples and palaces, ritual baths and cascading terraces. Exuberant flora and fauna flanked by towering snow covered mountain deities hold remnants of a once colossal network of royal roads. We pray at Apachetas, or stone altars, placed on high mountain passes honouring Earth Spirits and initiation processes.

After the fall of the Inka Empire the last Inka kings, Queens, and Shamans took refuge behind the massive mountain range of Vilcabamba. They managed to maintain their sovereignty and power for over 70 years. During that time they built a colossal system of high mountain roads, cities and temples in the clouds, and ingenious irrigation systems for agricultural terraces. Manco Inka rebelled against the Spanish invaders and left Cusco taking loads of gold, the mummified bodies of Kings, and invaluable knowledge. For 300 years there was an argument over the exact location of this site. According to recent research Espiritu Pampa, Vitcos, Chukipalta, and Chokekirau were the primary refuge quarters of the last Inka.

Our all terrain vehicles drop us at Huancacalle close to the Waka of Chuquipalta. **Nusta Hispana**, its other name, consists of finely carved ceremonial altars surrounded by a system of ritual fountains dedicated to the Goddess Nusta. The colossal size of the sacred rock rivals any waka in craftsmanship and beauty.

**Vitcos** or Rosaspata perched on a hilltop overlooking the deep Vilcabamba river valley, a tributary of the Amazon, commands a spectacular view. This breathtaking city in the clouds shares similar history as Machu Picchu. It was hidden for centuries in the thick jungle vegetation. It took major clearing and restoration. Archaeologists are in awe at the magnificence and complexity of the site.



We explore and study the enigmas of sacred sites under the guidance of indigenous medicine people. We follow the old scarcely known **Royal Road**, which cuts across sheer mountain sides, zigzags into lush valleys, and crowns mountain passes. We hike past remote villages, old Inka outposts, cloud forests, raging rivers, and 20 thousand ft ice clad mountains.

At **Qoyllorcocha**, the Star Lagoon, we enjoy spectacular vistas of Umantay, Salkantay, Wayanay, Machupicchu, and Wakaywillka as we undergo **Rites of Passage**. In this hidden glacial lagoon we camp for two nights and learn the ways of the legendary Altomesayoks (a small group of shamans with the ability to call the mountain spirits into physical form). We descend down into the Yanatile valley and enjoy hot springs, abundant flora and fauna surrounded by snow covered Apus, guardian spirits of life in the valleys.

After arriving into **Machu Picchu**, the most prized indigenous sacred site, we go for an experiential visit of the City of Light. On the tour, expert guides in the fields of archaeology and medicine traditions will bring share the archaeological and spiritual mysteries of this ancient city that, hidden in the clouds, remained undiscovered for centuries.

At the end of our arduous journey we feast in the colours, smells, and tastes of restaurants, markets, plazas, temples in the **Jaguar City of Cusco**. This holy city is known as the "navel of the world," where Ceke lines emerge connecting and mapping the sacred energetic components of the Andean cosmos.

# ITINERARY

## May 20 US/Lima

Departure from your home city to Lima, Peru. Late evening arrival in Lima (If your arrival time has a layover of more than 7 hours, you may wish to book a hotel room nearby the airport). Usually flights arrive into Lima at midnight/late evening and you're better off staying at the airport. Flights to Cusco start departing at 5:30 AM the next morning.

## May 21 Lima/Cusco/Sacred Valley

Morning departure from Lima to Cusco (the ancient capital of the Inka). We will pick you up at the Cusco airport and as a group we will descend to the Sacred Valley of the Inkas. We drive amid stunning iced clad mountain vistas and colourful villages along the road to the lower elevation of the Sacred Valley. A flavourful welcoming lunch with mountain delicacies brings together all our team members and shamans. Afternoon rest to get acclimated to the altitude. Late afternoon opening ceremonies and orientation. Evening Fire Ceremony. ALTATIERRA MISSION HOTEL (B, L, D)

## May 22 Sacred Valley

Morning optional hike to the Temple of the Falcon at Pisaq. A snaking cobbled stone trail hugs the mountain with impressive terraces and overlooks. We go for lunch in the village and enjoy the colourful Indian market filled with excellent bargains. Afternoon visit to Amaru Wanka, a beautiful Waka symbolizing renewal and fertility. Evening Fire Ceremony. ALTATIERRA MISSION HOTEL (B, L, D)



## May 23 Sacred Valley



Morning visit to Moray the ancient temple dedicated to the Andean Goddess Pachamama. The massive site exhibits an incredible array of concentric stone work symbolizing the womb of the Goddess. Expert ceremonialists guide us in a Despacho Ceremony in preparation for Vilcabamba. **In the afternoon we are guests to a seldom-revealed ceremony with Altomesayoks and their old tradition of Mountain Spirits.** ALTATIERRA MISSION HOTEL (B, L, D)

## May 24 Sacred Valley/Huancacalle/Vitcos.

The journey begins early in the morning. Along the way we stop at the highest pass called Puerto Malaga across Mt Wakaywillka and pay our respects to the mountain benefactor of the Valleys below. Later we descend into the Vilcanota - Lucumayo valley and continue to Chaullay. At noon time we arrive in Huancacalle, one of the last inhabited settlements in our journey. We spend the remaining of the afternoon exploring the extensive Inka remains. On a hilltop is found Vitcos, an old Inka city, overlooking the Vilcabamba valley. Restoration projects have given back this Inka site its splendor and beauty. Below the hillside is found Chuquipalta (The White Rock), a colossal Waka with springs and finely carved ceremonial altars all around. We are guests to local medicine people in ceremonies and healings. CAMPING (B, L, D)

### **May 25 Huancacalle – Rakachaka**

We take an old royal road unused since the time of the Inka and ascend towards the impressive Vilcabamba mountain range. Inka Wasi is one of the most pristine and untouched remains found along the trail. Once over the mountain pass and incredible vistas, we descend into the remote Rakachaka valley across the impressive Padreyuk Mt where we camp. **CAMPING (B, L, D).**



### **May 26 Rakachaka – Qoyllorcocha**

Today is the hardest day as we go over a long mountain pass surrounded by Ice clad Apus Sacsarayoc and Choquetarpo. At the mountain pass we present our respects and build Apachetas to the local mountain deities. We descend into a seldom-travelled valley over hills and ravines to Qoyllorcocha, the legendary sacred lagoon of the Vilcabamba Pakos. The location of the lagoon is formidable overlooking the majestic Salkantay, Huayanay, Wamantay, Umantay, Machupicchu, and Wakaywillka Holy Mountains. We spend a couple of nights in ceremony, meditations, and rites of passage. **CAMPING (B, L, D)**

### **May 27 Qoyllorcocha**

Today is the highlight of our journey as we begin rituals of High Mountain Rites of Passage under the tutelage and guidance of expert medicine people from Vilcabamba, Q'eros, Pakaektambo, and Cusco. They say the Mountain Spirits and ancient Wakas of the region come to life as “walking mist” during Hatun Despacho Carpay ceremonies. **CAMPING (B, L, D)**



### **May 28 Coyllorcocha/Brasilpampa**

We descend down into the cloud forests of the Sacsara valley. At lower elevation the forest changes into a lush, warmer, and fertile valley filled with mango trees, oranges, bananas, coffee, ferns, mosses and other tropical plants. The valleys we travel through are home to raging rivers, waterfalls, and hot springs. Mid afternoon we arrive to an opening in the Yanatile valley where we camp. **CAMPING (B, L, D)**

### **May 29 Brasilpampa/Santa Teresa/Machupicchu/Aguas Calientes**

We continue with our descent into the Santa Teresa valley amid impressive flora and fauna. Nearby the confluence of two rivers there are several warm and comforting hot spring pools. Once in the village of Santa Teresa we find the Urubamba River and our vehicles will drive us upstream to a small train station at San Miguel (Hydroelectric Plant). A very short ride by train is the village of Aguas Calientes below Machu Picchu. We shower and celebrate our re-entry into civilization in the many attractions the village has to offer. **PRESIDENTE HOTEL (B, L )**

### May 30 Machu Picchu/Cusco.

We go up to the fabled city of light of the Inka and spend most of the day in ceremony and exploration in the many temples, ritual baths, shrines, the city of light has to offer. This sacred city sits atop the most stunning mountain scenery one can imagine. Medicine people regard Machupicchu as one of the most sacred cities in the Andes and home of the Amautas and Mallkus, Sages and Luminous beings. We take a late train and return to Cusco. We take a late train and return to Cusco. AMARU II HOTEL (B, L)



### May 31 Cusco



Free morning to enjoy the Jaguar City at your leisure. After lunch, we feast and marvel at the mega stone construction at Sacsaywaman or burly head of the Jaguar. The city of Cusco was laid out as a jaguar and energy lines radiated out into the four chambers of the Inka Empire. The rolling plateau above the city is filled with monumental ancient Wakas or Holy Places dedicated to the

Cosmovision of Andean people. Kenko is a large stone shrine depicting the three partite universe with its organizing principles such as the Lightning God, the mythic Belly of the Mother, Sacred Camelids, and so on. Time allowing the vist the Temple of the Waters at Tambomachay. Evening free to enjoy the bustling city filled with shops, restaurants, markets. AMARU II HOTEL (B, D)

### June 1 Cusco



In the morning we visit the Waka of Tipon, at the foot of Mt. Pachatusan, for closing ceremonies. Medicine people lead us in ceremony and meditations inside the crook of cascading terraces flanked with precisely flowing aqueducts. Holy Springs emanate from the belly of the most revered mountain around the city of Cusco. Mt Pachatusan is considered the benefactor of all the peoples, animals, and crops. Such is its importance that in the backside of the mountain there's a catholic basilica built on top of an Inka Waka dedicated to the Holy Mt. we return to Cusco in the early afternoon and the remaining of the day is free to roam around. There are a number of activities from visiting museums, the shaman market, colonial churches to native folk shows. AMARU II HOTEL (B, L)

### June 2 Cusco/Lima/US

Morning optional walking tour of the city and visit to the legendary Temple of Gold at Qoricancha. The place exhibits one of the finest examples of master stonework in the Americas and it's filled with stories of gold, ritual, magic, and greed. The Dominican order took possession of the temple during the conquest and it currently administers the place. Departure to Lima to then connect with your flight home. We recommend that you leave Cusco in the last flight of the day so your stay at the Lima airport is short. (B)

B= Breakfast, L= Lunch, D= Dinner

\*Itinerary subject to change at the discretion of tour providers and Spirit ☺\*

**TOUR PRICE:** \$3195 based on double occupancy; single supplement \$450 (air fare not included)

## INCLUSIONS

- *Transportation throughout by private motor coach.*
- *All Hotel accommodations based on double or triple occupancy.*
- *Meals as detailed in itinerary.*
- *All airport group transfers and baggage handling.*
- *All entrance fees to archeological sites as outlined in program.*
- *Activities including talks and ceremonies by renowned Medicine People.*
- *Services of Rainbow Jaguar tour leader and staff.*
- *Local and return flight reconfirmation, airport check-in, luggage assistance.*

## EXCLUSIONS

- *Meals not specified in the detailed itinerary of the tour.*
- *US domestic, International or flights within Peru.*
- *Airport departure taxes within Peru.*
- *Transfers for **independent** arrival or departure.*
- *Optional gratuities (we suggest \$10/day for our drivers, porters and medicine people).*
- *Additional hotel nights made necessary by airline schedule changes or other factors.*
- *Travelers insurance.*
- *Cost of medical immunizations (if any).*
- *Items of a personal nature (liquor, laundry, toiletries, phone calls, etc.)*
- *Single supplement charge, if requested. \$450 extra*

## Please Join Us

**Jose Luis Herrera** While formally educated in Civil Engineering and Computer Science, Jose Luis' talents and skills are evidenced in the exquisite beauty and heart he brings to his shamanic teachings. A native of Cusco, Jose Luis was born into the medicine traditions of the Andes. For the past twenty years he has traveled extensively studying the different medicine traditions of the Andes, and working with Peru's most respected medicine people. Jose Luis is a trained naturalist, explorer, as well as a mountain and trekking guide. His deep connection with the Apus (mountain spirits) has led him to climb many mountains in Peru and Bolivia and he is a foremost expedition leader in Peru. Jose Luis' journey has allowed him to teach in America, Canada and Europe becoming a genuine bridge between the Western and the Andean cultures and paradigms.



**Amy Wilinski** is an Energy Practitioner with a Bachelor of Science Degree in Occupational Therapy and a Master's Degree in Business Administration. Her ability to blend the world of energy medicine with conventional healthcare has allowed her to reach into the hearts and minds of many western, left-brain skeptics. Her love of nature and journey of personal healing has led her to learning with various teachers in the shamanic tradition. She is a full mesa carrier in the Peruvian tradition. Amy is owner of Golden Light Healing, a



company specializing in assisting others in developing their own innate healing & intuitive abilities. **David Wilinski** is a

creative shamanic artist and steward of the land. He brings a wonderful earth-based, no-nonsense approach to the spiritual path.

**The Medicine People of Peru** We will journey with many indigenous medicine people who reside in Peru including the Q'ero and altomesayoks.

## Registration Form



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

## Payment Information

Land costs: \$3195 (does not include airfare)

- I am enclosing a non-refundable deposit of \$1000; balance of \$2195 due by April 7, 2012
- I am enclosing full payment of \$3195

I am requesting single occupancy.

- An additional \$450 is enclosed.

Payment made by (please check one): \_\_\_ Check \_\_\_ VISA /MC \_\_\_ online on website

Expiration Date: \_\_\_\_\_ Amount to be charged: \_\_\_\_\_

Card Number: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_

Roommate Request: \_\_\_\_\_

(if no specific roommate is requested we will put you with another participant).

## Terms & Conditions

**A minimum of 12 participants is required. If trip is cancelled due to insufficient number of participants you will receive refund of your land costs paid to Golden Light Healing.**

**Reservations:** All reservations are subject to availability. A \$1,000 non-refundable deposit is required to confirm your reservation. **Final payment is due 45 days prior to the starting date of the program.** Persons with health or psychiatric problems may find this program physically or mentally trying. We recommend that in case of doubt, a physician or mental health professional be consulted.

**Costs:** All prices are per person, double occupancy. Single occupancy accommodation is available for an additional \$450 fee.

**Cancellations & Refunds:** If you must cancel the journey, your paid monies will be refunded in full less a \$1000.00 cancellation fee if written cancellation is received **45 days** before the program departure. Thereafter, all refunds are limited to amounts recoverable from land operators. No refunds will be given for unused accommodations or services.

**Insurance:** We strongly recommend participants purchase travel insurance in order to protect yourself in case extenuating circumstances force you to cancel your trip and for baggage/loss protection. Baggage is carried entirely at owner's risk. Golden Light Healing LLC, Rainbow Jaguar LLC or its affiliates assume no liability whatsoever for damage, delay or loss of property. Most companies require purchase of travel insurance within 2-3 weeks of booking your flight.

**Responsibilities:** Rainbow Jaguar LLC (RJ) and Golden Light Healing LLC (GLH) reserves the right to accept or reject any participant at any time, and to make changes in the itinerary whenever deemed necessary for the comfort, convenience, and safety of the participants, and to cancel a program at any time. In the event a program is canceled, RJ or GLH shall have no responsibility beyond the refund of monies paid to it by program participants as listed. By registering, the participant agrees that neither GLH, RJ nor its affiliates shall be liable for any damages, loss or expense occasioned by any act or omission by any supplier providing services to any program participant. While as accurate as possible at the time of printing, the program should not be considered an inflexible schedule of events, as it is subject to change due to circumstances beyond our control such as weather, festivities, etc. Participants are required to sign a Release Form before journey begins.

**Please send this form along with your payment to:**

Golden Light Healing—Amy Wilinski  
7100 Sundew Road  
Sobieski, WI 54171

920-609-8277  
GoldenLightHealing@bayland.net  
[www.GoldenLightHealing.net](http://www.GoldenLightHealing.net)